general cooks

Hennepin County Medical Center

Need a new recipe for a party appetizer? How about something simple and scrumptious you can whip up for the evening meal after a day at work? Or something really elegant for a special dinner for two. Maybe you'd just like to try out some of your co-workers' favorite recipes.

If your cooking and eating habits have become bland and boring, General Cooks is guaranteed to add a dash of culinary spice to your life.

The Public Relations staff expresses a heartfelt thank you to all the generous HCMC cooks who made this book possible by contributing their cooking secrets.

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appetizers and snacks

dips, spreads

Crabmeat Mold

1 c. crabmeat - canned (drained and rinsed) or frozen
1/2 c. diced celery
2 T. sweet pickles, chopped fine, or 2 T. sweet pickle relish
2 hard-boiled eggs, diced
1 c. Miracle Whip
1 pkg. plain gelatin

Soften gelatin in 2 T. cold water. Add 1/4 c. boiling salted water. Add rest of ingredients. Pour into oiled mold. Put into refrigerator until set. Eat on crackers.

Kathy Coon

Garden Dip

Mix 1 c. sour cream
1/2 c. Miracle Whip
1 T. sugar
1 t. salt
dash pepper

Stir in 1/4 c. minced onion
1/4 c. diced radishes
1/4 c. diced cucumber
1/4 c. diced green pepper

Sprinkle with garlic powder.

Stephanie Maxson

Hot Pecan Dip

Stir together:
1 8-oz. pkg. cream cheese
1/2 c. sour cream
1 4-oz. pkg. chipped beef, torn in small pieces
1 T. milk
onion flakes to taste
chopped green pepper to taste, optional

Pour into small casserole dish and top with pecan halves and dots of butter. Bake for 20-25 min. at 350°. Serve with whole wheat crackers like Triscuit or Wheat Thins.

Nancy Leegard

Florentine Bread Dunk

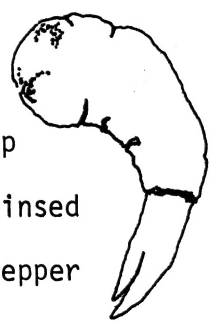
1 pkg. frozen, chopped spinach (thawed and squeezed dry)
1 c. dairy sour cream
1 c. mayonnaise
2 scallions, chopped including tops
1 can water chestnuts, drained and chopped
1 pkg. Knorr vegetable soup mix
1 round loaf sourdough bread

Hollow bread into bowl shape, reserving top and insides for dunking chunks. Thoroughly mix remaining ingredients and chill. To serve, fill bread "bowl" with dipping mixture, arrange bread for dipping around sides. Guests may tear bowl for dipping when chunks disappear.

Ann Ring

Margaret Bruns submitted the same recipe entitled "Better Than Sex Dip."

Shrimp Dip



2 8-oz. pkgs. cream cheese
1 can Campbell's cream of shrimp soup
1 c. lemon juice
1 can cocktail shrimp, drained and rinsed

Mix together thoroughly. Salt and pepper to taste.

Kathy Coon

Phyllis & Sue's Spicy Guacamole

3-4 ripe avocados (depends on size)
1 8-oz. package of cream cheese, softened
1/2 t. garlic salt
2 T. lemon juice
Tabasco to taste - lots

Mash avocados with cream cheese - you can use a mixer. Add garlic, lemon juice, Tabasco. Spread on platter and top with chopped tomato, chopped green onions, black olives, and shredded cheddar cheese.

Sue Falldin

Note: Bury the avocado seed in the salad until serving time and during storage to prevent discoloration.

Vegetable Dip

1 c. mayonnaise
4 t. soy sauce
1/2 t. ginger
2 T. milk
2 T. onion
1 t. vinegar

Mix. Set for at least an hour. Serve with carrots, and other vegetables such as mushrooms, green peppers, celery, cauliflower, zucchini, cucumbers.

Beverly Bergman

Three Cheese Nut Roll

1/3 c. crumbled blue cheese
1 1/2 c. shredded sharp Cheddar cheese
1 3-oz. pkg. cream cheese
1/2 t. Worcestershire
1/2 c. chopped nuts

Have cheese at room temperature. Add Worcestershire; mix with electric mixer or rotary beater until creamy. Put on waxed paper and form into roll about 7 inches long. Roll in nuts. Wrap in waxed paper or foil; chill until firm. Keeps for several weeks. Slice and serve with toasted crackers, dates, figs, or raisins.

Marilyn Reichman

Taco Dip

Blend: 8 oz. cream cheese
1 large carton sour cream

Place mixture on serving platter. Layer on top of mixture:

shredded lettuce
chopped tomatoes
shredded cheddar cheese
chopped onion
chopped green pepper
sliced black olives

Pour 1 bottle Ortega taco sauce over all and surround with corn chips. It looks like a big flower.

Stephanie Maxson

Zesty Tuna Spread

2 cans (6 1/2 to 7 oz. each) tuna, drained and flaked
1 8-oz. pkg. cream cheese, softened
1/3 c. chopped, pimiento-stuffed olives
1/4 c. chopped walnuts
1 T. lemon juice
1 T. grated onion
1 T. chopped capers (optional)
1/2 t. dry mustard
1/4 t. thyme

Combine the above well. Chill at least 2 hours. Can be packed into a well-oiled mold and decorated with olives, parsley, and lemon wedges once unmolded. Serve with crackers but great as a sandwich as well.

Kellen Thornton

Vegetable Dip

1 cup mayonnaise (NOT Miracle Whip)
½ cup sour cream
1 T. chives
¼ tsp. salt
¼ tsp. paprika
1 tsp. minced dry herbs or dry parsley
1 T. grated onion
1/8 tsp. curry powder
½ tsp. worcestershire sauce
1 minced garlic clove

Great served with carrots, celery, broccoli, cauliflower, cherry tomatoes, green pepper, zucchini, cucumber, sweet pea pods and rutabaga.

Mary Scott

savories

Peanut Butter Popcorn

Pop 3 quarts of popcorn, remove all the old maids, and put it in a 250° oven. Add nuts of any kind.

Butter a saucepan and add 1 c. sugar
1/2 c. corn syrup
1/2 c. honey

Boil for two minutes. Remove from heat. Add one cup of peanut butter and 1 t. vanilla. Coat the popcorn with the mixture.

Deanna Bigler

Stuffed Mushrooms

1 lb. fresh mushrooms, cleaned,
stems removed
2/3 c. cheddar cheese, grated
4 T. butter, softened
1/3 c. crushed stuffing mix or cracker crumbs
3/4-1 T. red wine or red wine vinegar
1 t. soy sauce
garlic salt to taste

Mix cheese and butter, add remaining ingredients. Stuff mushrooms with mixture. Place under broiler 5-10 minutes.

Dave Eggen

Mushroom Turnovers

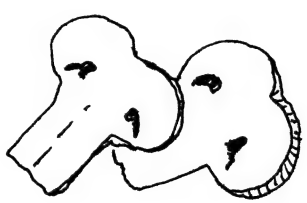
(Takes time but well worth it; freeze well unbaked)

3 3-oz. pkgs. cream cheese at room temperature
1/2 c. butter at room temperature
1 1/2 c. flour
mushroom filling (follows)

Mix cream cheese and butter. Add flour and blend until smooth. Chill at least 30 min. Roll dough to 1/8-inch thickness and cut into 3-inch rounds. Place 1/2 t. filling on each and fold dough. Press edges together with a fork. Prick top crusts for escape of steam. Bake on ungreased baking sheet for 15 min. at 450°. Yields 100.

Mushroom Filling:
3 T. butter
1 large onion, finely chopped
1/2 lb. mushrooms, finely chopped
1/4 t. thyme
freshly ground black pepper to taste
1/2 t. salt
2 T. flour
1/4 c. sweet or sour cream

In skillet, heat butter, add onion and brown lightly. Add the mushrooms and cook, stirring often, about 3 min. Add the thyme, salt, pepper, and sprinkle with flour. Stir in cream and cook gently until thickened.



Marilyn Reichman

Cocktail Meatballs

2 lbs. ground beef
1 c. packaged cornflake crumbs
1/3 c. dried parsley flakes
2 T. soy sauce
2 eggs
1/3 c. catsup
2 T. instant onion
1/4 t. pepper
1/2 t. garlic powder

Combine the above in a large bowl or by placing in a sturdy plastic bag, close top of bag and work with hands to mix ingredients well. Roll mixture into bitesize meatballs.

1 12-oz. bottle chili sauce (DelMonte)
1 lb. can jellied cranberry sauce
2 T. brown sugar
1 T. lemon juice

In saucepan combine the above 4 ingredients. Cook over moderate heat stirring occasionally until mixture is smooth and cranberry sauce is melted.

Place meatballs in casserole and pour sauce over them. Bake uncovered for 30 min. at 350°. Makes about 80 meatballs and fits well in a 9x13 pan.

Patti Klein

Sugar Nuts

These are very popular at office parties!

1 lb. pecan halves
1/2 t. salt
1/2 c. butter
2 beaten egg whites
1 c. sugar

Place nuts in a 10x15 pan and toast at 250° for 30 min. Meanwhile, mix salt and sugar together and beat into beaten egg whites one tablespoon at a time, until thick. Fold in nuts and mix well. Melt butter in the same 10x15 pan. Spread the nut-meringue mixture on pan and bake at 300° for 45 min., stirring every 15 min.

Susan Pelton

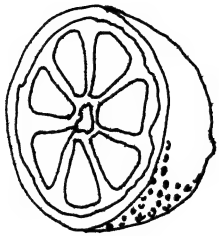
Scramble Snack Mix

2 lbs. mixed nuts
12 oz. pkg. Wheat Chex
10 oz. pkg. Cheerios
6 1/2 oz. pkg. Rice Chex
6 1/2 oz. pkg. pretzel sticks
5 1/2 oz. pretzel twists
2 c. salad oil
2 T. Worcestershire
1 T. garlic salt
1 T. seasoned salt

Mix all ingredients in large roaster. Bake in slow oven (250°) 2 hours. Stir every 15 min. Be careful not to crush cereals. Makes about 8 quarts enough for gift giving.

Sharon Nibbe

beverages



The "Receipt"

1/2 c. sugar and a little water
2 lemons, sliced
2 oranges, sliced
1/2 pint good brandy
1/4 pint maraschino cherry juice
1/2 c. maraschino cherries
3 pints dry champagne (Paul Masson)

In the punch bowl, dissolve the sugar in a little water. Add lemon slices, orange slices, brandy, and maraschino juice. Let stand for an hour or so. Just before serving put a piece of ice in the bowl; no cubes. Pour cold champagne over it and add the cherries.

Shirley Benson

breads and pancakes

breads

Grandma O'Neill's Irish Soda Bread

4 c. sifted flour
1 T. sugar
1 T. baking soda
2 3/4 t. salt
1/4 t. ground cardamom
1/4 t. cream of tartar
1 1/2 c. buttermilk
1 T. melted butter
2 T. caraway seed
1 3/4 c. dried currants
3 drops Holy Water in honor of the Trinity (Grandma says optional for Protestants)

Preheat oven to 375°. Mix in large bowl the flour, soda, sugar, salt, and cream of tartar. Next put in buttermilk - and with a husky fork, mix until all is just a bit damp. Knead the dough on a floured board until smooth (Grandma says three Hail Marys, three Our Fathers - for the poor souls you know - so judge accordingly.). Shape dough into ball and press to size of salad plate or 6-7 inches. Take your sharpest knife and cut across top of dough about 1/4 inch deep. Sprinkle with the optional Holy Water. Bake 35-45 min. or until it sounds hollow when tapped with a wooden spoon. Remove to rack to cool, then brush top with melted butter. Makes one loaf which won't last long.

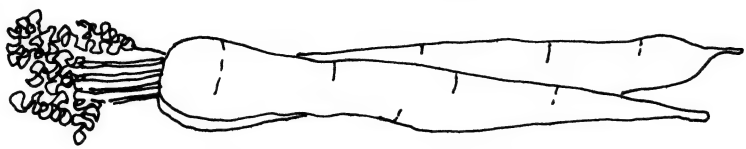
John O'Neill

Carrot Bread

1 1/2 c. raw carrots, shredded
1 1/3 c. sugar
1 c. raisins
1/2 t. each: cloves, cinnamon, nutmeg, salt
1 1/3 c. cold water
2 T. butter
2 t. soda
2 c. flour
1 c. chopped nuts

Mix carrots, sugar, raisins, water, butter, and spices. Simmer 20 min. Cool. When cold, add flour, soda, and nuts. Bake at 350° for 1 hour in a loaf pan.

Ann Ring



Bishop's Bread

3 eggs, beaten
1 1/2 c. flour
1 c. sugar
1 1/2 t. baking powder
1/4 t. salt
1 4-oz. bottle marachino cherries, drained
3/4 c. whole dates
6 oz. semisweet chocolate pieces
3/4 c. walnut halves
3/4 c. whole Brazil nuts
1 t. vanilla

Mix eggs and sugar thoroughly. Add dry ingredients to egg mixture and stir until flour is moistened. Add rest of ingredients. Spoon mixture into 9 x 5 loaf pan that has been greased and lined with wax paper. Bake for 1 hour and 45 minutes at 275°. Cool; wrap well. Store in refrigerator.

Sandra Snider

Scandinavian Sweet Rolls

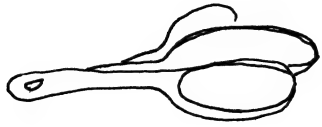
Dissolve 2 pkg. yeast in 1/4 c. warm (tepid)water in a large mixing bowl.

Mix with yeast 1/2 c. scalded, cooled milk
1/2 c. sugar
1 t. salt
1/2 c. soft shortening
2 eggs
12 cardamom pods - remove and crush dark seeds, throw away pod shells, mix into dough

Add about 2 c. flour and beat for 7 min. with electric mixer. Add another 2 1/2 to 3 c. flour and knead until rubbery.

Place in a greased bowl, grease the top of the dough, cover and allow to rise for an hour or two. Punch down and let it rise again for about 1/2 hour. Punch down, roll out the dough to a rectangle about 1/2 inch thick, spread with cinnamon sugar and butter, roll from one of the long sides. Slice into 1 inch rolls. Lay rolls flat in a greased pan, sides touching. Bake 30 min. at 375° after rising another half hour. Confectioner's sugar frosting may be dribbled on rolls while they are still warm.

Flossie Marks



Cranberry Bread

2 c. flour
1 c. sugar
1 1/2 t. baking powder
1 t. soda
1 t. salt
grated rind of one orange
1/2 c. orange juice
2 t. melted butter
2 T. hot water
1 egg, beaten

Mix the above ingredients well and add:
1 c. chopped cranberries
1/2 c. chopped nuts

Grease and flour the bottom of a bread pan. Pour batter into pan. Bake at 350° for 20-30 min. until a toothpick comes out clean.

Susan Pelton

Ice Box Muffins

2 cups boiling water
2 cups Nabisco 100% Bran
1 cup Crisco
3 cups sugar
4 beaten eggs
1 quart buttermilk
5 cups flour
5 tsp. soda
1 tsp. salt
4 cups Kelloggs All Bran

Mix water and 100% Bran and set aside to cool. In a large mixing bowl, cream shortening and sugar; add eggs, buttermilk and soaked bran (be sure it is cool). Sift dry ingredients and add. Fold in All Bran until moistened. Bake at 400^{0} for 15 minutes. Will keep 6 weeks in the refrigerator in a tight

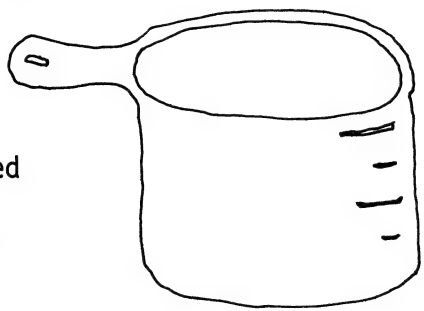
container (or can be frozen).

This recipe makes a huge batch. You can measure out buttermilk and freeze for later use if you want to make a smaller recipe.

Mary Scott

Merle's Bran Muffins

1 box (15 oz.) Raisin Bran
5 c. flour
5 t. soda
2 t. salt
3 c. sugar
1/2 c. oil
1/2 c. margarine, melted
1 quart buttermilk
4 eggs, lightly beaten
1 c. nuts, chopped
1 c. raisins



Mix cereal, flour, soda, salt, and sugar in large bowl. Combine oil, margarine, buttermilk, eggs, nuts, and raisins and stir this into dry ingredients.

Keep in covered container in refrigerator up to 6 weeks. Makes 6 dozen muffins.

Fill greased muffin cups (papers). Bake at 350° for 20-25 min.

Merle Johnson

Zucchini Bread

Beat 3 eggs until foamy
Add and beat until lemon colored:
- 2 c. sugar
- 1 c. oil
- 1 t. salt
- 1 T. vanilla

Add:
- 3 c. loosely grated zucchini
- 2 c. flour
- 2 t. baking soda
- 2 t. cinnamon
- 1/4 t. baking powder
- 1 t. nutmeg
- nuts or raisins if desired

Bake in 2 loaf or 3 small pans at 350° for approximately 1 hour. (I use 6 vegetable or pumpkin mix cans to bake it in.)

Mary Scott

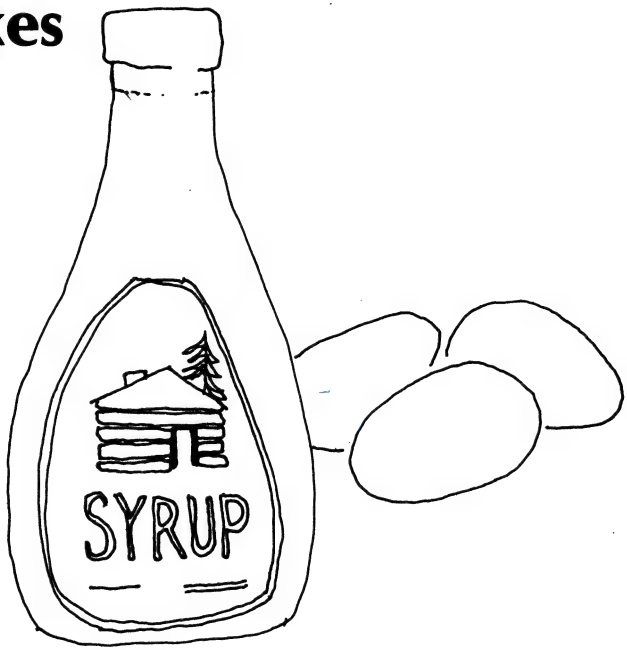
Pumpkin Bread

- 2 2/3 c. white sugar
- 2/3 c. shortening
- 4 eggs
- 2/3 c. cold water
- 1 can pumpkin
- 3 1/2 c. flour
- 1/2 t. baking powder
- 2 t. baking soda
- 1/2 t. cloves
- 1 t. cinnamon
- nuts or raisins optional

Mix in order given. Bake 1 hour at 350° in 2 large loaf pans. (I use 6 or 7 pumpkin or vegetable cans.)

Mary Scott

pancakes



Dutch Babies - oven pancake

Preheat oven to 425°.
Melt 1/2 c. butter in a 9x13 pan and set aside.

Place in blender and blend thoroughly
4 eggs
1 c. milk
1 c. flour

Pour into the pan and bake 25 min. Serve with syrup. Can be halved and baked in an 8x8 pan.

Sharon McDermott

Egg Pankaka

4 eggs
1 t. salt
1/2 c. butter
1 quart milk
2 c. flour
sauce follows

Beat eggs and salt; add milk and flour gradually. Mix well. Put butter in 9x13 pan. Melt butter in pan but do not brown. Add egg mixture-bake at 400° for 30-35 min. Serve immediately. Serves 4-6.

Sauce

1 1/2 c. water
3 T. cornstarch
1/4 c. sugar
2 c. chopped fruit

Heat water, cornstarch, and sugar until thick and add fruit. Spoon over servings of pankaka.

Mary Vavrosky

Oven Pancakes

1/2 c. milk
1/2 c. flour
3 eggs
2 T. melted butter

Beat eggs and slowly add flour and milk. Add butter and pour into a heavily buttered 10-inch fry pan. Bake at 450° for 20 min. then turn down the oven to 350° and bake 10 min.

Serve with melted butter, cinnamon, brown sugar, and crushed walnuts on top.

Kathy Janssen

soups and chilis

Beef Shank Vegetable Soup

4 beef shanks
1 large onion, chopped
1 clove garlic, minced
1 t. salt
1/4 t. pepper
1/2 t. thyme
1/4 t. allspice
1 bay leaf, optional
1/2 c. barley
1 pkg. frozen mixed vegetables
1 quart canned tomatoes

Brown shanks and onions and garlic. Add seasonings and 6 c. water. Simmer for one hour. Cool in fridge overnight. Remove fat and cut meat from bones.

Add barley and simmer for 45 min. Add tomatoes and vegetables and simmer until lima beans are cooked, about 15 min.

Jan Volkenant

Lentil-Vegetable Soup

2 c. uncooked lentils
5 c. water
1 med. onion, chopped
2 stalks celery, sliced
3 potatoes, peeled and cubed
3 carrots, thinly sliced
1 clove garlic, minced
2 1/2 t. salt
1/4 t. pepper
1/2 t. oregano
1-lb.can stewed tomatoes
2 T. wine vinegar

Put all ingredients in crockpot on medium and let cook 8-10 hours.

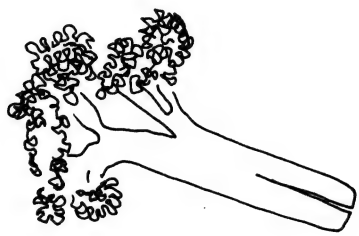
Marie Dougan

Spinach Soup

1 pkg. frozen spinach (broccoli is good instead)
1 can condensed cream of celery soup
1/2 soup can water
1/2 soup can milk

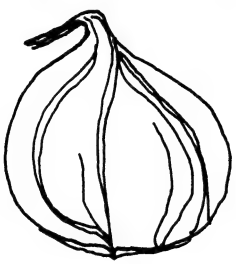
Mix the above ingredients in a saucepan and bring to a boil. Cover and simmer for 5 min. Sprinkle with pepper and serve.

Stephanie Maxson



French Onion Soup

Cut one large onion into thin slices and saute in butter until soft and golden. Dissolve 4 or 5 beef bouillon cubes in 4 c. water and heat to boiling. Mix 1-2 T. flour with another cup of water and add gradually to bouillon, stirring constantly. Place croutons or small piece of toasted bread in oven-proof bowls and top with grated Swiss or Gruyere cheese. Pour soup over cheese and add more cheese according to preference. Place bowls on cookie sheet in 350° oven and heat 'til bubbly, about 20 min. Serves 4. Along with a tossed vegetable salad, makes a meal in itself.



Monette Johnson

J.V.'s Mellow Chili

1 lb. extra-lean ground beef
1 med. onion, chopped
1 clove garlic, minced
2-3 stalks celery, chopped
1 sm. green pepper, chopped
1 can dark red chili beans
1 16-oz. can tomatoes
1 t. salt
1/4 t. black pepper
1 T. chili powder
1/2 t. cinnamon
1/4 t. cloves
1 bay leaf

Saute' meat, onion, garlic, and green pepper. Add rest of ingredients and simmer, uncovered, until celery is tender. It's even better the next day!

Jan Volkenant

Colorado Chili

This recipe is a combination of two I received from friends in Colorado - Zeppy and Ginny. It is not exact - you just add to it, "until it feels right."

The basic brew:

Use about a pound or two of stewing beef cut in small chunks about the size of the end of my thumb. If your thumb is bigger or smaller, adjust accordingly.

Brown or not in a large covered pot.

Add 1 chopped onion and a bay leaf. Cover with a can or two of Coors beer. (If you use Grain Belt or Hamms it will be about the same but without the mountain aura.)

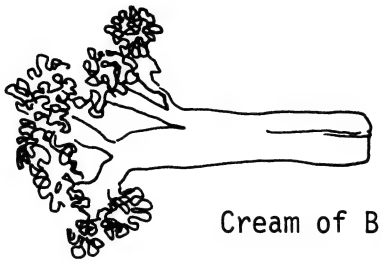
Cook a couple of hours.

The accoutrements:

Add canned tomatoes, a can of chopped chilis, a can of kidney or chili beans. Spice with cumin, oregano, and chili powder. Some salt is probably okay, too. If anything else looks good, like a few chopped tabasco peppers, add it. Cook awhile.

It's better if it's served the next day. Serve hot with a spoon of sour cream and a wedge of lime.

Bob Taylor



Cream of Broccoli Soup

1 qt. fresh broccoli heads
2/3 c. butter
1/2 c. flour
3 c. warm milk
2 c. hot chicken broth
2 t. salt
1/4 t. white pepper
3 T. lemon juice
1 clove garlic, crushed
1 T. Worcestershire
1/4 t. Tabasco
2 c. heavy cream
3 egg yolks

Wash broccoli, trim, and dry. In a sauce pan, cook broccoli in the butter until soft. Blend in the flour. Simmer, stirring occasionally. Add milk, chicken broth, salt, pepper, lemon juice, garlic, Worcestershire, and Tabasco. Stir constantly until smooth and thick. Remove from heat and whirl in a blender. Using a little cream if necessary, strain soup through fine strainer into clean saucepan. (The soup may be frozen or made the day before to this point and finished later.)

Stir in the remaining cream. Return to burner. Bring just to a boil. Remove from heat. Beat egg yolks in small bowl. Whisk in a little of the hot soup (into eggs). Pour egg mixture into soup, stirring constantly. Salt to taste. Note: if you reheat this soup, do so on very low heat or in a double boiler.

Margaret Bruns

Senate Bean Soup

2 lb. navy beans
2 lb. smoked ham hock
1 large onion
1 T. butter
salt and pepper to taste

Wash beans thoroughly; drain. Put in large pot with hocks and 1 gallon of hot water. Cover, cook very slowly 3 to 4 hours or until beans are soft, but not mushy. Toward end of cooking time, add chopped onion which has been cooked in melted butter until golden brown (allow no dark onion pieces - they will darken soup). Add salt and pepper to taste. Serves 6. Serve with cruets of vinegar and oil to pour on top of soup. This is for true gourmets only.

John O'Neill

Cauliflower Soup

1 pkg. frozen cauliflower
1 can tomato soup
1/2 soup can of water
1/2 soup can of milk

Mix the above ingredients in a saucepan and bring to a boil. Reduce heat, sprinkle with chives, cover and simmer for 5 min. Serve with a dollop of sour cream and additional chives.

Stephanie Maxson

vegetarian

Cauliflower Casserole

1 medium head cauliflower (cooked)
1/2 lb. mushrooms
1/4 c. diced green pepper
1/3 c. margarine
1/4 c. flour
2 c. milk
1 t. salt
6 slices pimento cheese
paprika

Brown mushrooms and green pepper in margarine. Blend in flour. Gradually stir in milk and cook, stirring until thick.

Place half cauliflower in casserole, cover with half of cheese slices and half of sauce. Repeat and sprinkle with paprika. Bake 15 min. at 350°.

Stephanie Maxson

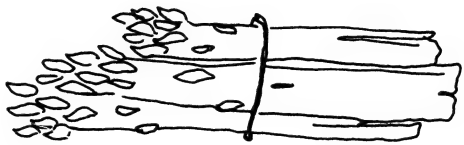
Mexican casserole

4 flour tortillas, thawed
1 lb. ground beef
1/2 c. chopped green pepper
1/2 c. chopped onion
1 envelope taco seasoning mix
1 8-oz. can tomato sauce
1 6-oz. can tomato paste
1/2 c. sliced ripe olives
1/4 c. water
1/2 t. chili powder
2 eggs
1 c. sour cream
1/4 t. pepper
2 c. broken corn chips
2 c. shredded Monteray Jack cheese

continued next page

Brown beef with green pepper and onion; drain. Add next six ingredients. Combine eggs, sour cream and pepper in a seperate bowl. In a 12 x 8 casserole, layer two tortillas and 1/2 ground meat and sour cream mixtures. Repeat. Top with corn chips and cheese. Bake until cheese melts, about 1/2 hour at 325°.

Cindy Hoffmann



Asparagus and Peas Casserole

2 15-oz. cans green asparagus
2 1-lb. cans baby peas
1 can cream of mushroom soup
3/4 c. grated sharp cheddar cheese
1 c. soft bread crumbs
2 T. melted butter

Chill the cans of asparagus 2-3 hours to prevent them breaking apart when using them. About 40 min. before serving time, open and drain. Arrange half the asparagus in a buttered 6-c. casserole. In a bowl, mix gently the peas, soup, and cheese. Spoon half the mixture into the casserole. Add remaining asparagus, top with remaining peas. Toss crumbs with butter and sprinkle on top. Bake about 30 min. at 350°. Serves 8.

Kellen Thornton

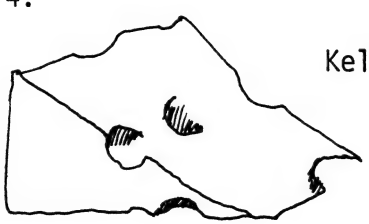
Spinach Plus Spaghetti

1 10-oz. pkg. frozen chopped spinach
1 egg, beaten
1/2 c. dairy sour cream
1/4 c. milk
4 T. parmesan cheese, grated
2 t. minced dried onion
1/2 t. salt, dash pepper
2 c. Monterey Jack cheese, shredded (8 oz.)
4 oz. spagehtti, cooked and drained (2 c. cooked)
2 T. parmesan cheese, grated

Cook spinach according to package directions; drain well.

Combine beaten egg, sour cream, milk, 4 T. parmesan cheese, onion, salt and pepper. Add the Jack cheese and mix well. Add drained spinach and drained spaghetti. Mix well again.

Turn mixture into ungreased 10x6x2 baking dish. Sprinkle with remaining 2 T. parmesan cheese. Bake, covered, in 350° oven for 15 min. Uncover and bake 15-20 min. more until heated through. Serves 4.



Kelli Fifield

Pineapple Noodle Pudding

(a change of pace instead of pie or cake; or try as an accompaniment to meat instead of that same old starch)

1 c. fresh pineapple, cut into small cubes
3 T. sugar
1/2 lb. medium-sized egg noodles
salt
1/2 lb. cottage cheese
5 T. plus 2 t. butter
1/2 c. brown sugar
3 eggs
1 c. sour cream
1 t. vanilla extract
1/3 c. seedless raisins
1/4 c. graham cracker crumbs
1 t. cinnamon

Preheat oven to 350°. Put the pineapple in a saucepan and add 2 T. sugar. Cover closely and cook 1 min. Remove from heat. Drop noodles into boiling water with salt added to taste. Cook 5 min. and drain. Run briefly under cold water; drain well. Combine cottage cheese, 4 T. butter, brown sugar, eggs, sour cream, vanilla using food processor or electric mixer. Blend well.

Pour the mixture into a mixing bowl. Add noodles, pineapple, and raisins. Grease an 8- or 9-inch dish with 2 t. butter. Pour in the mixture. Mix crumbs, cinnamon, and 1 T. sugar. Sprinkle this over the noodle mixture. Dot with remaining butter. Bake 1 hour.

Marilyn Reichman

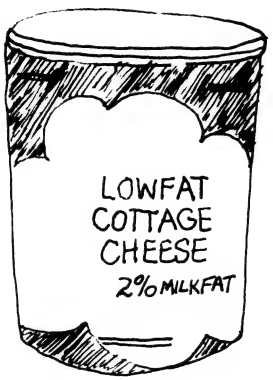
Cheese & Spinach Casserole

Every person who has eaten this likes it.

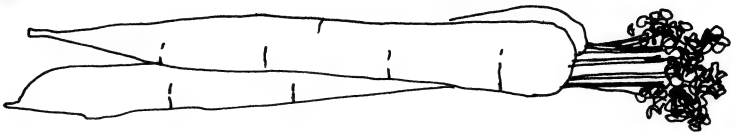
1 12-oz. carton of cottage cheese
6 eggs
1/2 lb. American cheese, cubed
1/2 c. margarine, cubed
2 pkgs. frozen chopped spinach, partially thawed
6 T. flour

Mix all ingredients, put in 9x13 baking dish and bake one hour at 350°.

Marie Dougan



vegies, side dishes



Marinated Carrots

2 lbs. carrots, cut crosswise and cooked (but still firm)
1/2-1 green pepper, chopped or thinly sliced
1 onion, chopped or thinly sliced
1 large can mushrooms, drained (optional)
1 can water chestnuts, sliced (optional)

Marinade
1 can tomato bisque (soup OK too)
1/2-1 c. sugar
1/2 c. oil
1/4-3/4 c. cider vinegar
salt and pepper to taste
1 t. Worcestershire sauce (optional)

Mix marinade and bring to a boil. Pour over vegetables. Refrigerate at least 4 hours before serving (best if left overnight). Keeps in the refrigerator up to 2 weeks. Can be eaten hot, too.

Carol D. Holm
Monette Johnson

Personnel's Palatable Zucchini Patties a la Gloria

1 c. Bisquick
1/4 c. Parmesan cheese, grated
dash of pepper
2 T. dried parsley flakes
3 eggs, slightly beaten
3/4 c. cheddar cheese, shredded
3 c. zucchini, shredded and unpared

In a large bowl, mix together Bisquick, Parmesan cheese, pepper, and parsley. Stir in beaten eggs which will make a very thick batter. Fold in cheddar cheese and zucchini. Use a large T-Fal frying pan (or any other type, only adding a little grease) and spoon 2 T. mixture per patty into pan. Cook patties over medium heat until each side is medium brown (2-3 min. per side). Makes about a dozen 4-inch patties. They are great reheated, too!

Gloria Croissant

Carrots

Brown onion and parsley in butter. Place in a baking dish. Add 1 can beef consomme. Add cut carrots - fresh or frozen. Baby carrots can be used. Bake 45 min. or so at 350°.

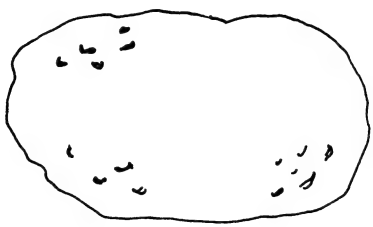
Helen Colton

Roadside Potatoes

3 c. half & half
1/2 c. butter
1 t. salt
2 12-oz. pkg. hash brown potatoes (thawed)

Heat cream, butter, and salt. Pour over potatoes in baking dish. Sprinkle with 1/2 c. parmesan cheese. Bake 1 hour at 325°. Serves 10.

Theresa Bing Ek



Easy Cheesy Potatoes

2 lbs. thawed hash brown potatoes
2 c. cream of potatoe soup
1/2 lb. cheddar cheese, grated
2 c. sour cream
salt and pepper

Mix all ingredients. Bake in a buttered casserole at 325° for about 1 hour. Serves 10.

Helen Colton

Peas and Lima Beans

1 pkg. frozen peas
1 pkg. frozen lima beans
a little water
some chopped onion
1 T. sweet basil

Saute onion in butter. Combine with peas, beans, and water and add basil. Bake or cook on top of stove.

Helen Colton

Summer Rice

1 c. quick brown rice
3/4 envelope Lipton's dry onion soup mix
1/4 c. melted butter
1/2 c. finely chopped walnuts, almonds, or filberts
1 4-oz. can undrained mushrooms
2 T. chopped parsley
1 c. med. grated cheddar cheese

Prepare quick brown rice according to package except steam only 10 min. and do not add salt. Add soup mix, melted butter, nuts, mushrooms, and parsley. Heat a few min. until warm. Stir in grated cheese. Serve immediately.

Great with chicken, meat, or served with a salad.

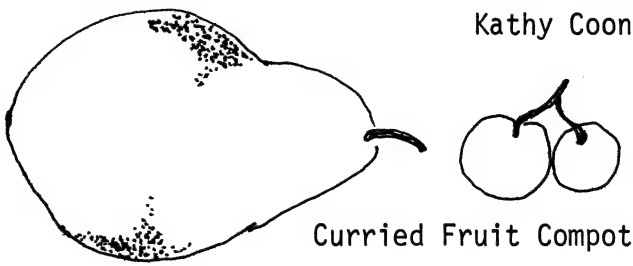
Dorothy Nelson

Corn Oysters

2 eggs
1 large can creamed corn
1/2 c. fine dry bread crumbs
1/2 t. salt
2 T. melted butter or cooking oil

Beat eggs until frothy. Stir in corn, salt, crumbs, and melted butter. Drop by teaspoonfuls onto a hot, oiled griddle or frying pan. Brown on both sides. Serve hot.

Kathy Coon



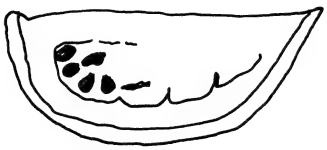
Curried Fruit Compote

1 lg. can peaches (halved or sliced)
1 lg. can pineapple
1/2 c. butter (no substitute)
1 t. curry powder
1 lg. can pears (halved or sliced)
1 lg. jar cherries
1 c. brown sugar

Drain all fruits thoroughly. Arrange fruits as desired in a casserole or glass baking dish. Mix butter, curry powder, and brown sugar. Spread evenly over fruit in casserole. Bake partly covered at 350° for 25 min. Cool. Cook remaining fruit juices over low heat until very thick, almost jelled. Pour over fruit and heat gently for 20 min. Stir in 1 1/2 oz. brandy.

John O'Neill

salads, dressings



Salad Italian

1 box frozen chopped brocoli, cooked and drained
2 cans sliced mushrooms
1 can water chestnuts, sliced and drained
1 can ripe black olives
4 stalks celery, sliced
1 green pepper
1 bunch green onions
1 box cherry tomatoes
1 bottle Italian dressing

Mix all together and cover, marinate overnight or at least 8 hours.

Stephanie Maxson

Watergate Salad

1 large container of Cool Whip
1 large pkg. instant pistachio pudding
1 large can crushed pineapple, drained
1/2 c. chopped walnuts

Mix all together and let set overnight.
Variations: add mini-marshmallows or fruit cocktail.

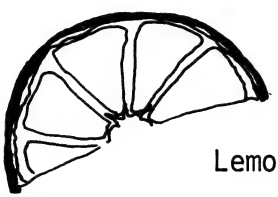
Sue Falldin

Creamy Cole Slaw

1 1/2 c. dairy sour cream
1/2 c. mayonnaise or salad dressing
1/4 c. sugar
1 t. celery seed
2 t. salt
1/4 t. pepper
2 T. vinegar
1/4 c. minced onion
8 c. shredded cabbage, one medium head

Combine sour cream, mayo, sugar, celery seed, salt, pepper, vinegar, and onion. Pour this dressing over shredded cabbage and toss. Chill before serving OR chill dressing and cabbage and toss just before serving for crisper slaw.

Carol D. Holm



Lemon-Cucumber Salad Dressing

1 c. mayonnaise
1 c. cucumber, finely chopped
2 T. lemon juice
1 T. minced onion
2 t. grated lemon peel
1 t. salt
1 8-oz. carton plain yoghurt

Combine first 6 ingredients, fold in yoghurt. Cover and chill at least one hour.

Margaret Bruns

Spinach Salad

1 lb. fresh spinach
1 can bean sprouts, drained
1 can water chestnuts, sliced and drained
2 hard-boiled eggs
6-8 pieces of bacon, fried and crumbled

Mix together and pour over the dressing that follows.

Dressing

2/3 c. sugar (I use 1/2 c.)
1/3 c. ketchup
1 c. salad oil
salt to taste
1/4 c. wine vinegar
1 T. worcestershire sauce
1 medium onion, minced

Stephanie Maxson

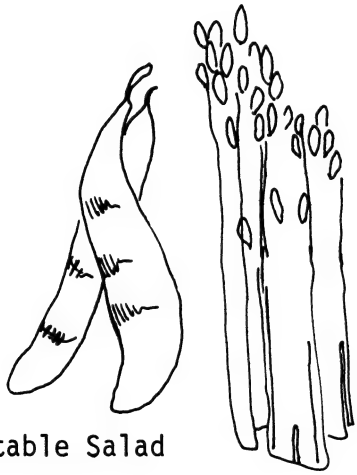
Sauerkraut Relish Salad

This doesn't sound like much - but watch it disappear.

1 green pepper, chopped
1 medium onion, chopped
3 stalks celery, chopped
1 large can sauerkraut
1 bottle chili sauce
1/3 c. brown sugar
3 T. lemon juice
paprika

Mix all ingredients together and chill until very cold. Sprinkle with paprika before serving. Be prepared for "seconds."

John O'Neill



Cold Vegetable Salad

Cook half as long as directed, fresh or frozen:

broccoli
French-cut green beans
artichoke hearts
cut asparagus

Break into bite sized pieces and chill. Add:

1 chopped green pepper
1 pared and sliced cucumber

Over the above, pour the following mixture:

1/2 c. half and half
2 T. lemon juice
2 T. garlic vinegar
1 c. mayonnaise
3/4 c. chopped parsley
1/4 c. finely chopped onion
2 T. anchovy paste

If possible, prepare 24 hours ahead.

Kellen Thornton

Strawberry Banana Mold

3 small pkg. strawberry gelatin
2 1/2 c. hot water
2 (10 oz.) pkg. frozen strawberries, drained and drained
1 (15 1/2 oz.) can crushed pineapple
1 (8 oz.) carton sour cream
2 bananas, sliced

Mix gelatin and water. Add strawberries and pineapple with its juice. Mix well. Pour half of mixture into a well-greased, 6-cup ring mold. Chill until firm. (Keep remaining gelatin at room temperature.) Spread sour cream on top of firm gelatin. Cover sour cream with a thin layer of sliced bananas. Pour remaining half of gelatin into mold and chill until thoroughly set. Unmold on platter and surround with fresh salad greens. Serves 6-8.

Shirley Cashin

main dishes with meat

chicken

Chicken Breasts

(a relatively good buy in these expensive days)

2 whole chicken breasts, boned and halved
flour for dredging
2 T. butter
salt and freshly ground black pepper
4 mushrooms, sliced and sauteed in a little butter
4 slices Fontina or mozzarella cheese

Remove and discard skin from chicken breasts. Place the chicken between pieces of waxed paper and pound until thin. Dredge the chicken with flour. In a skillet, heat the butter, add the chicken, and cook until tender (5-6 min. on each side). Remove to a shallow pan and sprinkle with salt and pepper. Arrange on each breast half a dozen small slices of mushrooms and cover with slice of cheese. Place under a hot broiler just long enough to melt the cheese.

Marilyn Reichman

Betty's Chinese Chicken Salad

Simmer in 1 inch of water for 25 min.:
2 chicken breasts
ginger

Fry in oil until golden:
1/4 pkg. Mai Fun rice sticks

Drain chicken and cut it into cubes. Toss all with:
1 1/2 green onions, chopped with tops
1/2 small bag sliced, toasted almonds
1/8 c. toasted sesame seeds
1/2 head lettuce, chopped

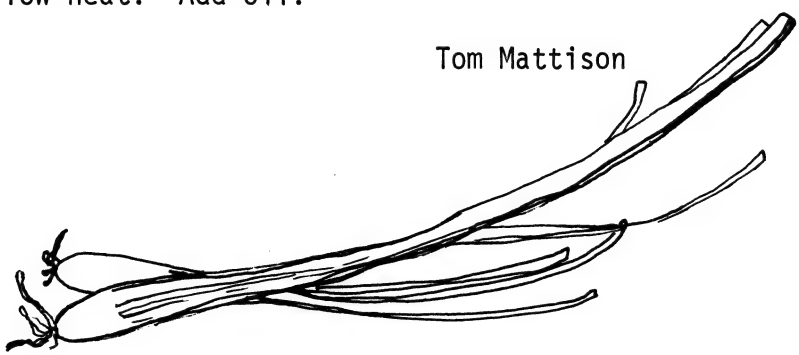
Cook dressing below and toss with the salad 10 min. before serving.

Dressing

2 T. sugar
1 t. salt
1/2 t. Accent (MSG)
pepper
2 T. vinegar
1/4 c. salad oil

Cook everything but the oil for a few minutes over low heat. Add oil.

Tom Mattison



Chicken Paprikash and Nockerle

(Reminiscent of a night in old Budapest. Light the candles, fill the wine goblets, and invite your favorite gypsy to dinner.)

For best gravy results, cook chicken early in the day or the day before serving.

1 2-1/2 lb. chicken
1 large onion
1 clove garlic
1/2 green pepper
1 t. salt
3/4 c. thick sour cream
3/4 c. shortening
1 T. flour
1 t. paprika (sweet Hungarian paprika, preferably)

Clean chicken and cut into 8 pieces. Finely dice green pepper, onion, and garlic. Heat skillet and add shortening. Add pepper, onion, and garlic and simmer until light brown. Add salt and paprika; mix gently. Place chicken pieces in this, cover and let cook for 15 min. Add one glass of cold water. Cover again and cook for 15 more min. until it is almost done. Remove chicken to dish, refrigerate. Refrigerate gravy to solidify. Fat will have risen and can be lifted off.

To serve, place chicken in gravy. continue simmering until done. Mix sour cream and flour in a separate pan. Add to gravy and heat and mix thoroughly. Serve chicken with gravy over nockerle.

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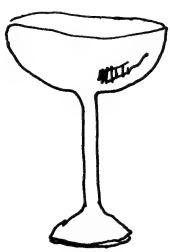
Nockerle

2 1/2 c. flour
1/4 t. salt
2 eggs, beaten
1/2 c. milk
1/2 c. water
3 to 4 qt. rapidly boiling, salted water

Place flour and salt in a bowl. Mix together eggs, milk, and water and gradually stir into the flour mixture. With spoon, drop 1/4-inch pieces of dough into boiling water. Cook one or two minutes. They will rise to the top of the water. Remove with a slotted spoon and drain. Optional: toss with melted butter; not necessary if being served with gravy.

Note: dough can be made softer by the addition of a small smount of water or stiffer by incorporation of small quantity of flour. The softer the dough, the lighter the nockerle, but it must be firm enough to retain shape. MAKE A TRIAL RUN.

Marilyn Reichman



Chicken Casserole

1 1/2 c. chicken, cooked and diced
1 can cream of chicken soup
3/4 c. mayonnaise
1 1/2 c. rice, cooked
1 T. onion, grated
salt and pepper to taste

Mix all and put in a 2 quart casserole. Sprinkle with 1 c. corn flakes, crushed and sprinkled with 3 T. melted butter, and 1/2 c. slivered almonds. Bake for 35 min. at 375°.

Audrey Logsdon

Chicken Crunch

2 chicken breasts, cooked and deboned
1 c. celery, diced fine
1 c. chicken broth
2 cans cream of chicken soup
1/2 c. mayonnaise (not salad dressing)
1/4 c. roasted almonds (optional), chopped
1 can water chestnuts, sliced
1 large can chow mein noodles

Mix all ingredients together. Bake 45 min. at 350°.

Stephanie Maxson

Sticky Chicken

3 lb. frying chicken, cut up, pat dry with a paper towel
1 c. flour
2 t. seasoned salt
1 t. paprika
1/2 c. pancake syrup

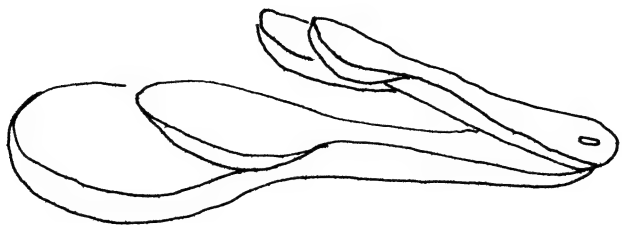
Mix flour and seasonings in medium bowl. Dip dried chicken parts in syrup and then flour mixture. Sprinkle with remaining flour mixture. Set aside 15 min. Preheat oven to 350°.

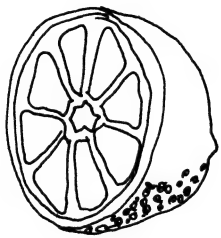
Fry chicken, a few pieces at a time, in 1/2-inch of hot shortening (or 1/2 butter, 1/2 shortening) in a large, heavy skillet until golden brown.

Place in a shallow baking pan. Bake at 350° for 30 min. or until tender. Garnish and serve. Serves 4.

Black-eyed peas are a nice accompaniment.

Kelli Fifield





Hot Chicken Salad

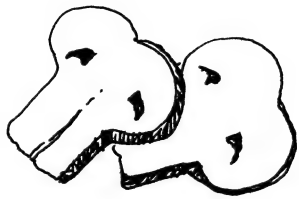
4 heaping cups chicken or turkey
2 c. diced celery
4 eggs, hard boiled
2/3 c. water chestnuts, diced
2 pimentos, cut fine
2 T. lemon juice
2 T. minced onion
1 t. salt
1/2 t. pepper
1 1/2 c. mayonnaise
2 c. cheddar cheese, grated
1 1/2 c. potato chips, crushed

Combine all ingredients together except cheese and chips. Pour into 9x13 dish. Top with cheese, then potato chips. Bake in a 400° oven for 20 min. or just until it starts to bubble. For cold salad, omit the cheese and chips and do not bake.
Serves 8.

Helen Colton

Breast of Chicken Florentine

flour for dredging
salt and freshly ground pepper to taste
4 whole chicken breasts, boned and halved
1 egg, lightly beaten
1 T. water
1/4 c. grated Parmesan cheese
1/2 c. dry bread crumbs
3/4 c. butter
2 lbs. spinach, cooked and drained
1 T. lemon juice
1 lb. mushrooms, sliced
chopped parsley



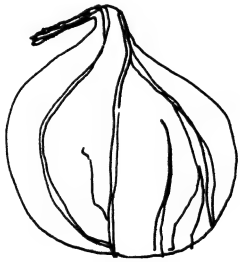
Remove skin from chicken breasts. Mix the flour, salt, and pepper and dredge the chicken breasts in it. Dip them in the egg mixed with the water then coat with the cheese mixed with the crumbs. Refrigerate one hour or more.

In a large skillet, heat 1/2 c. butter, add the chicken, and brown on both sides. Lower heat, cover, and cook until tender (about 25 min.). Meanwhile, chop the spinach coarsely and season with the lemon juice. Pile the spinach on a platter, arrange the chicken breasts on top, and keep hot.

To the skillet, add 2 T. butter and the mushrooms and saute until the mushrooms are tender. Spoon over the chicken. Brown the remaining butter in the same pan and pour through a fine sieve over the dish. Sprinkle with the chopped parsley.

Marilyn Reichman

red meat



Lamb Ragout and Curried Dumplings

2 lb. lean lamb, cut in 2-inch cubes
1 small onion, chopped
1/2 c. celery, diced
2 t. cornstarch
red wine
2 c. water
1 bay leaf
2 t. salt
2 t. marjoram
12 small carrots
12 small onions

Brown meat in its own fat - use heavy iron skillet or Dutch oven. Remove - add onion and celery. Cook 2 to 3 minutes. Pour off excess fat. Return meat to kettle. Add the water and seasonings. Cover loosely and simmer 1 hour. Now add carrots and onions - simmer 30 min. Thicken gravy with cornstarch that has been mixed with red wine to make a paste. Drop teaspoonsful of Curried Dumplings on ragout. Cover, steam 10 min.; do not lift cover. Serves 6.

Curried Dumplings

6 T. milk
1 T. curry powder
1 c. Bisquick

Mix all and follow directions as listed. This is wonderful.

John O'Neill

Pasties

Crust

5 c. flour	1 1/3 c. lard or shortening
1 t. salt	water (approx. 3/4 c.)

Combine flour and salt in large mixing bowl. Add lard or shortening and blend. Mix in enough water to hold dough together. Cover and set aside.

Filling

2 lb. cubed round steak (approx. 4 c.)
2 c. rutabaga, cubed
2 c. potatoes, cubed
3/4-1 c. onion, coarsely chopped
salt & pepper (add here or during assembly)

Mix above ingredients; divide into 8 portions.

Assembly

Roll out 1/8 of pastry at a time. On the circle of dough, place 1/8 of the filling. Dot with butter (about 1 1/2 t.). Brush edges of circle with water. Fold pastry in half over the filling and press edges to seal. Brush top edge with water, fold edges up and crimp. Prick top to allow steam to escape. Repeat for remaining pasties. Bake on ungreased baking sheet at 300° for 1 hour. Makes 8.

Chuck Richards

Sliced Beef

4 lb. rump roast

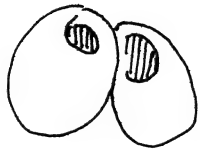
Make a few small slits in the roast and put slivers of one garlic clove in them. Sprinkle black pepper and 1 t. oregano on top of roast. Bake roast uncovered for 1 hour at 500°. Take meat out and wrap in foil. Chill overnight.

Slice roast in very thin slices and place in large casserole (13x9). Heat the following liquids to a boil:

2 cans of beer
2 jiggers of whiskey
2 cans of Campbell's onion soup

Pour liquid over meat. Cover tightly. Bake 4 hours at 300°. Serve on potato rolls or some type of bun.

Stephanie Maxson



Mexican Casserole

1 T. oil
2 garlic cloves, minced (optional)
1/2 c. chopped onion
1 lb. lean ground beef
1 28-oz. can stewed tomatoes
1 pkg. taco seasoning mix
1 2 1/2-oz. can chopped black olives
2 7- to 8-oz. packages cheese-flavored tortilla chips, lightly crushed
1/2 lb. mozzarella cheese, shredded
2 c. sour cream or plain yogurt
1/2 c. cheddar cheese, shredded

Preheat oven to 350°. Heat oil in large skillet over medium heat. Add onion and garlic and saute until translucent. Add meat and cook until browned, stirring frequently. Blend in tomatoes, taco seasoning, and olives and simmer about 10 min.

Grease a 9x13 baking dish. Layer half of chips over the bottom. Add all of the meat mixture, then mozzarella and sour cream or yogurt. Top with remaining chips. Bake until heated through, about 30 min. Sprinkle with cheddar cheese and continue baking until cheese melts. Let stand 5 min. before serving. Serves 6 to 8 people.

Cindy Anderson

Peter's Pepperoni Pizza Bread

1 loaf Rhodes white bread dough, thaw but do not allow to rise
8 oz. cheese (cheddar, mozzarella, colby), sliced thin
1 or 2 eggs, beaten
2, 6-inch sticks pepperoni, sliced thinly

Roll out dough to 1/8"-1/4". Brush surface with egg, place cheese on top of egg, place pepperoni on cheese, and roll bread with contents. Brush the sealed top with leftover egg. Form the rolled loaf into a horseshoe shape. Place on a greased cookie sheet and bake 30 min. at 350°.

Variations: Add green pepper, mushrooms, onions, and tomato sauce to enhance the pepperoni. Don't brush the surface with egg if you use tomato sauce.

Serve hot. Serves 4.

Peter Erickson

Bean Casserole

1 medium can pork & beans
1 can red kidney beans, drained
1 can butter lima beans, drained

Toss beans together but do not mash. Set aside.

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Mix separately:
6 slices bacon, cooked and crushed
1 medium onion
1/2 c. ketchup
1/2 c. brown sugar
1 1/2 t. Worcestershire sauce
1/4-1/2 lb. Tillamook*or cheddar cheese, cubed

Combine the above mixture with the beans and sprinkle with Parmesan and Romano cheeses. Bake at 350° for 35 min.

* Tillamook cheese is a cheddar-type cheese used on the west coast.

Helen Colton

Overnight Breakfast Souffle'

6 eggs
2 c. milk
6 slices bread, crusts removed, diced
1 c. cheddar cheese, grated
1 pkg. brown & serve sausage links, cook and cut up
1 t. dry mustard
1-1/2 t. seasoned salt

Combine all ingredients, refrigerate overnight. Pour in greased casserole, bake 1 hour at 325°.

Dave Eggen

Polish Cabbage Rolls

1 large head of cabbage -- Score top and place upside down in boiling water so that leaves are pliable. Remove leaves and cut off hard cord. Fill with filling below, roll and place in greased roaster. Bake at 350° about 1 1/2 hours. About 20 min. before thay are done, mix a small can of tomato sauce with 3 T. brown sugar and pour over rolls. Finish baking.

Filling

1 lb. lean hamburger
1 lb. pork sausage
1 c. cooked rice
1 large onion, diced
1 egg

Mix the above and place in cabbage leaves.

Rosie Wrzos

Taco Salad

2 cans kidney beans, drained
2 lbs. hamburger, browned
1 head lettuce, shredded
2 tomatoes, diced
1 lb. cheddar cheese, shredded
1 bag nacho Dorito chips
1 pkg. Ortega dry taco mix
1 bottle Ortega hot taco sauce
1 large bottle Western dressing

Drain hamburger; add dry taco seasoning mix. Cool. Mix diced tomatoes, lettuce, cheese, hamburger, Doritos, taco sauce, Western dressing, and kidney beans. Refrigerate. Serve cold or at room temp.

Pam Kelley

Pat Eddy's So Good Baked Beans

1 16-oz. can B&M baked beans
1 16-oz. can VanCamp's beans
1 16-oz. can stewed tomatoes
1/4 c. molasses
1 lb. ground beef
1/4 c. brown sugar
6 strips bacon, cut bite sized
6 slices onion, chopped

Brown beef, add tomatoes, beans, sugar, molasses. Simmer 10 min., add salt, pepper to taste. Layer rest in covered baking dish, ending with beans. Preheat oven to 400°. Bake 15 min. uncovered, 15 min. covered. Turn off oven, let beans stand 6 hours or overnight in oven. Reheat to serve.

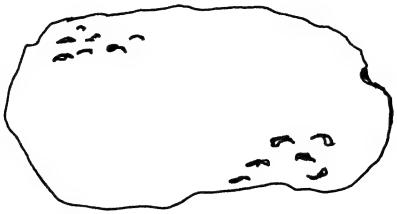
Pat Eddy

Brunch Eggs

6-8 slices white bread
1 lb. bacon, fried
10 Smokees, uncooked
2 c. cheddar cheese, shredded
1 c. Monteray Jack cheese, shredded
3-1/2 c. milk
10 eggs, beaten
salt and pepper

Break bread into small pieces and spread over bottom of greased 9x13 pan. Crumble bacon over bread with sausage. Sprinkle with cheese. Mix milk and eggs; beat. Pour over mixture. Set overnight. Bake 1 hour at 350°.

Lorraine Lutgen



Irish Potato Salad

Firstly: Combine 2 T. vinegar with 1 t. celery seed and 1 t. mustard seed.

Secondly: Cook four medium red potatoes (in jackets), peel, and cube while warm. Dribble with above mixture. Sprinkle with 2 T. sugar and 1/2 t. salt. Chill 6-8 hours in refrigerator.

Thirdly: Shred 2 c. green cabbage. Cube one 12-oz. can of corned beef, well chilled; save some for garnish. Combine with 1/4 c. sliced green onions and 1/4 c. chopped dill pickles.

Fourthly: Combine 1 c. mayonnaise (not salad dressing) with 1/4 c. milk and 1/2 t. salt.

Toss all ingredients lightly. Garnish with the reserved corned beef and sprinkle with parsley and paprika. Serve on a large platter or in a shallow, wide bowl bordered with stuffed eggs. Serves 6-8.

John O'Neill

Veal Scallopini for Two

My favorite dinner, easily comparable to fare served in the most expensive restaurants - and quick and easy to prepare.

You'll need:

12 to 16 oz. veal scallops - be sure to ask the butcher to pound out the meat for you
flour, salt, pepper
butter, olive oil
clove of garlic
1 can chicken stock
dry sherry, Madeira, or the like
parsley, thyme, marjoram
a plastic bag
a covered skillet

Cut the larger pieces of veal into pieces about the size of the bottom of a wine bottle - pick a nice dry white wine, well chilled. Shake the veal in a bag with about one cup flour, a teaspoon each of salt and pepper. Set aside coated scallops.

Rub sides of a good-sized skillet with a little garlic. Heat with two tablespoons butter, same of olive oil. Brown scallops on both sides.

Add about half the can of chicken stock (about 3/4 to 1 cup) and about 1/2 cup sherry or other. Cover and cook twenty minutes.

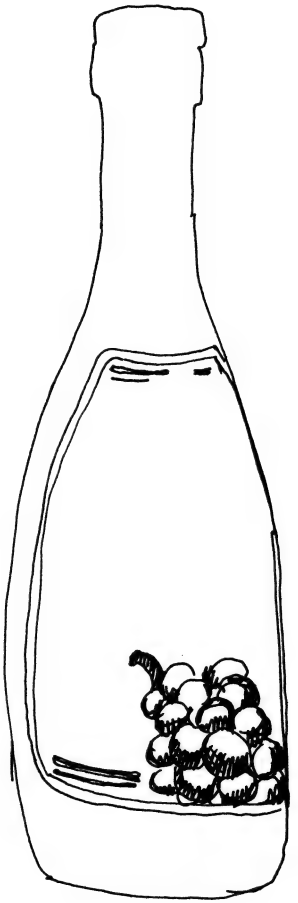
Turn meat, add chopped parsley, 1/2 teaspoon thyme,

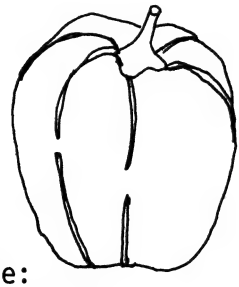
next page

and 1/4 teaspoon marjoram. Cook another ten minutes. Add another splash of sherry, heat a bit, and serve.

I suggest you serve with a brown or wild rice and LeSueur Early Peas and a loaf of French bread. Green grapes for dessert.

Bob Taylor





Taco Salad

Prepare ahead of time and refrigerate:
1 crisp,dry head of lettuce, torn in pieces
2 tomatoes, diced or thinly sliced
1 c. cheddar cheese, shredded
2 onions, diced (optional)
1 green pepper, diced (optional)
1-2 c. plain taco chips

Cook the following:
Brown 1 lb. ground beef; add 1 pkg. taco seasoning mix and 1/2 c. water. Simmer 20 min. Drain off excess fat and liquid. Set aside to cool. (May also prepare ahead and refrigerate.)

For sauce, mix together:
1/2-3/4 c. French salad dressing
1/4 c. mild/hot taco sauce
1/2 t. chili powder (if you want it hotter)

Assembling:
In a large bowl combine salad ingredients, meat and toss thoroughly. When ready to serve, toss sauce over ingredients. Add taco chips and toss gently. Serves 6-8. Variation: Mix all ingredients except sauce together and serve sauce warm on the side.

Pat Anderson

Yorkshire Pudding with Sausage

1 c. sifted flour
1/2 t. salt
1 c. milk
3 eggs, beaten lightly
1 lb. pork links

Preheat oven to 425°. In a mixing bowl, combine eggs, flour, salt, and 1/3 of the milk; beat until all flour is dampened. Gradually add rest of milk and beat until smooth. Refrigerate until ready to use. Parboil sausage, drain. Place in shallow (13x9x2) baking pan and bake in hot 425° oven 20 min. Pour off all sausage fat except 4 t. Pour refrigerated batter over hot sausage and fat and bake 15-20 min. until puffy and brown. Serves 6-8.

John O'Neill

Barbecued Ribs

4 lbs. or so of ribs

Trim excess fat and broil until done. Season with salt and pepper. Cool on paper towels. Make the sauce (below).

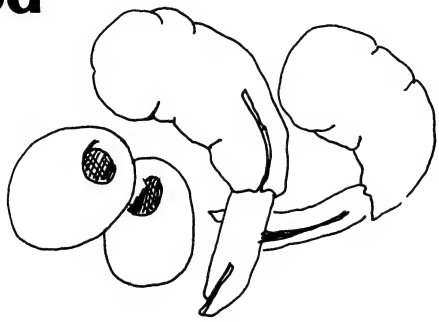
2 T. oleo
3/4 c. catchup
1/4 c. water
4 T. brown sugar
2 t. vinegar
2 t. lemon juice
2 t. worcestershire sauce

Mix and simmer 20 min.

Place ribs in roaster, layering with sauce in between. Cover and bake at 350° for 1 hour.

Rosie Wrzos

seafood



Wild rice and shrimp casserole

1 pkg. (6 oz.) Uncle Bens long grain and wild rice
1/4 lb. bacon, diced
1 (4 oz.) can shrimp, drained
1 c. celery, diced 1 med. onion, diced
1/2 green pepper, diced
1 can cream of mushroom soup
1 small can mushroom pieces
salt to taste

Cook rice according to package directions. Fry bacon, drain leaving just enough fat to sautee celery, onion, green pepper. Add rice and remaining ingredients, mix well. Pour in casserole dish, add water to cover. Bake at 350° for 1 hour. Serves 6-8.

Sensational Scallop Pie

1 clove garlic, quartered
1/4 c. unsalted sweet butter
1/2 c. minced onion
2 1/2 lbs. sea scallops
1/4 c. dry white wine
2 T. flour
1 c. half and half
1/2 t. salt
1/8 t. white pepper

Saute' garlic in 1/4 c. butter in 9 inch skillet over medium heat for 2 min. Remove and discard garlic. Saute' onion til soft and translucent, 5-7 min. Add scallops and cook, stirring frequently 2-3 min. Add wine, cook 3 min. Remove scallops and put in a buttered 1 1/2 quart casserole. Whisk flour into pan juices; whisk in half and half. Reduce heat; cook stirring constantly until thickened and smooth, about 2 min. Season with salt and pepper. Pour sauce over scallops.

Combine and sprinkle over scallops:

1/2 c. cracker crumbs
1/4 c. freshly grated Parmesan cheese
1/4 c. unsalted sweet butter, melted

Bake 15 min. or until bubbly at 400°. Garnish with parsley. Note: double the topping mixture if you like lots of crunchy topping. Serves 6.

Margaret Bruns

Oriental Tuna Salad

1 5-oz. can water chestnuts
1 7-oz. can tuna, drained and flaked
1 T. chopped parsley
1/2 c. mayonnaise or plain yoghurt
1 t. soy sauce
1/8 t. ginger

Drain water chestnuts and cut into thin strips. Combine tuna, water chestnuts, and parsley. Blend mayonnaise, soy sauce, and ginger. Combine both mixtures. Chill. Serves 4.

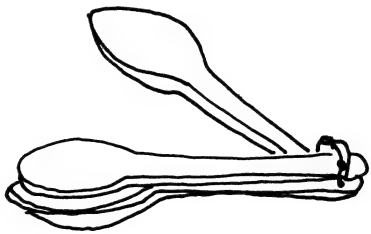
Nancy Leegard

sweets

cookies, bars

Black & White Brownies

1 yellow cake mix
6 oz. chocolate chips
1 1/2 sticks melted butter
2 eggs
1/4 c. water
1/2 t. almond extract
1 can coconut



In bowl, mix box mix, eggs, and butter. In a saucepan, melt chocolate chips and add 2/3 of above mixture. Grease and flour 13x9 pan. Spread chocolate mixture evenly on bottom. To last 1/3 of mixture, add water, coconut, and almond extract. Spread on top of chocolate batter. Bake 30 min. at 350°.

Ann Ring

Rice Krispies Macaroons

2 egg whites
1 c. sugar
1/2 t. vanilla
1 c. coconut
2 c. Rice Krispies
1/2 c. chopped nuts

Beat egg whites until stiff. Add sugar gradually, then add vanilla, coconut, Rice Krispies, and nuts. Drop by spoonfuls on a greased pan and bake at 325° to 350° until brown. Makes 1 1/2 dozen.

Carol Oeltjenbruns

Peanut Butter Kiss Cookies

1 3/4 c. flour
1 t. baking soda
1/2 t. salt
1/2 c. white sugar
1/2 c. light brown sugar
1/2 c. shortening
1/2 c. peanut butter
1 egg
2 T. milk
1 t. vanilla

48 chocolate kisses

Cream together sugar, shortening, peanut butter. Add egg, milk, vanilla. Add flour, soda, salt. Chill dough for 30 min. Roll into 1-inch balls. Place on ungreased cookie sheet. Bake for 12 min. at 375°. Immediately, put chocolate kiss on each cookie.

Patti Klein

Brownies

4 squares baking chocolate
2/3 c. shortening
2 c. sugar
4 eggs
1 t. vanilla
1 1/4 c. flour
1 t. baking powder
1 t. salt
1 c. nuts (optional)

Melt chocolate and shortening over low heat. Beat in sugar, eggs, vanilla. Stir in flour, salt, and baking powder. Add nuts. Spread in greased and floured cake pan. Bake in preheated 350° oven for 30 min. For chewy brownies, bake 5-10 min. less. Frost as desired.

Pat Anderson

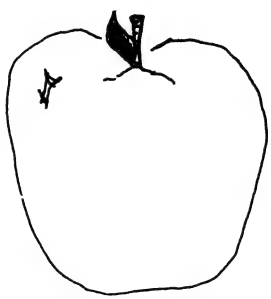
Danish Pastry Apple Bars

2 1/2 c. all-purpose flour
1 t. salt
1 c. shortening
1 egg yolk
Enough milk to make 2/3 c. with the egg yolk
1 c. crushed corn flakes

8-10 medium apples
1 c. sugar
1 t. cinnamon
1 egg white
Frosting: 1 T. water
1 c. powdered sugar
1/2 t. vanilla

Cut shortening into flour and salt. Add milk and egg yolk; blend with fork. Roll 1/2 of dough to fit 10 1/2x15 1/2 cookie sheet. Sprinkle bottom crust with crushed flakes. Peel and slice apples, arrange over crust, sprinkle with cinnamon and sugar. Roll and put on top crust. Brush on beaten egg white. Bake at 375° for 40 min. Pour on powdered sugar frosting while warm.

Sharon Nibbe



Peanutiest Cookies

Mix together 1 c. butter
1/2 t. salt
1 t. soda
1 c. peanut butter

Add 1 c. white sugar
1 c. brown sugar

Cream the above and add 2 eggs, beaten
2 c. flour

Blend well. Drop by teaspoonfuls on a cookie sheet and press with a fork. Bake 15-20 min. at 350°. Makes five dozen.

Nancy Leegard

Pumpkin Squares

1 c. flour
1/2 c. oats
1/2 c. brown sugar
1/2 c. butter or margarine

Combine and mix until crumbly. Press into 9x13 ungreased pan. Bake at 350°, 15 min.

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1 can pumpkin (1 lb.)
1 13-oz. can evaporated milk
2 eggs
3/4 c. sugar
1/2 t. salt
1 t. cinnamon
1/4 t. ground cloves
1/2 t. ginger

Combine all ingredients, beat well. Pour over hot crust and bake again for 20 min.

1/2 c. pecans
1/2 c. brown sugar
2 T. butter

Combine and sprinkle over hot mixture (gently). Bake again 15-20 min. until set.

Trisha Cox

Pecan Jumbles

1 1/2 c. firmly packed, dark brown sugar
1 c. mayonnaise
2 eggs
1 t. vanilla
2 3/4 c. flour
1/2 t. baking soda
1/4 t. salt
1 c. chopped pecans
1 c. pecan halves (optional)

In a large bowl beat first four ingredients until smooth. Stir in next four ingredients. Drop by level tablespoonsful, 2 inches apart on a greased cookie sheet. Top each with a pecan half. Bake 8-10 min., until lightly brown at 375°. Immediately transfer cookies to wire racks. Makes 4 dozen.

Carol Oeltjenbruns

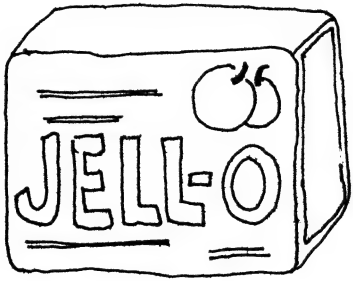
Pastel Cookies

Cream together 3/4 c. shortening
1/2 c. sugar

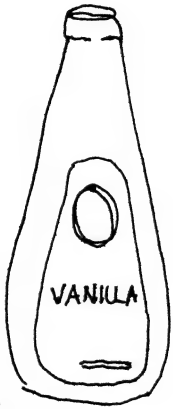
Add 1 3-oz. pkg. flavored Jello
2 eggs
1 t. vanilla
2 1/2 c. flour
1 t. baking powder
1 t. salt

Roll in 3/4-inch balls. Flatten with a glass dipped in sugar. Bake on ungreased cookie sheet for 6-8 min. at 400°.

Carol Oeltjenbruns



Rhubarb Coconut Cookies



Mix together
- 1/2 c. shortening
- 1/4 c. sugar
- 3/4 c. corn syrup
- 1 egg
- 1 c. thick, cooked rhubarb

Add
- 2 c. flour
- 1 t. baking powder
- 1/2 t. soda
- 1/2 t. salt
- 1 t. nutmeg
- 1/4 t. cloves
- 1 c. coconut
- 1/2 c. raisins
- 1/2 c. chopped nuts

Drop by heaping teaspoonfuls on greased cookie sheet. Bake 15-18 minutes at 375°.

Carol Oeltjenbruns

Toffee Bars

- 1 c. shortening (half butter)
- 1 c. firmly packed brown sugar
- 2 c. flour
- 1 t. vanilla
- 1 egg yolk
- 5 plain Hershey bars
- chopped pecans

Cream shortening and brown sugar. Blend in flour, vanilla, and egg yolk. Spread mixture in greased 9x13 pan. Bake 20 min. at 350°. While still hot, lay Hershey bars on top to melt and spread to cover. Sprinkle with chopped pecans.

Dave Eggen

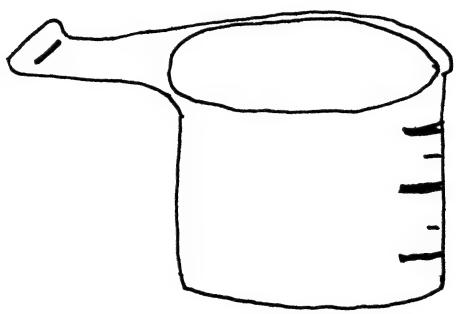
Monte Carlo Squares

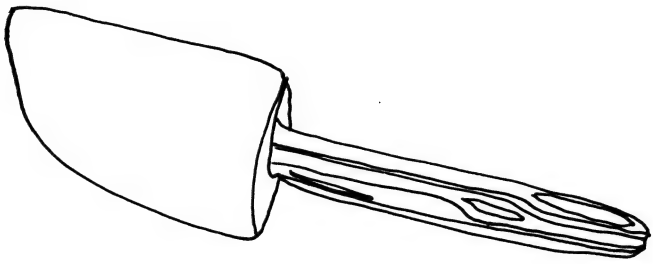
(certainly not a gamble)

3/4 c. butter
1/3 c. sugar
1/8 t. salt
2 egg yolks
1 1/2 c. flour
1 c. apricot preserves
2 egg whites
1/2 c. sugar
2 oz. almonds, sliced

Mix butter, sugar, salt, egg yolks, and flour. Pat into a 9x9, buttered and floured pan. Bake for 20-25 min. at 350°. Remove from oven. Spread with apricot preserves. Beat egg whites with sugar until stiff and spread over preserves. Sprinkle with almonds and return to oven for 25-30 min. Cut into squares. Cool before removing from pan.

Marilyn Reichman





Honey Fruit Nuggets

1/4 c. dried pitted prunes
1/4 c. dried apricots
1/4 c. dried figs
1/4 c. pitted dates
1/3 c. crushed Wheaties cereal (about 1 c. uncrushed)
1/4 c. honey
1/2 square unsweetened chocolate, melted

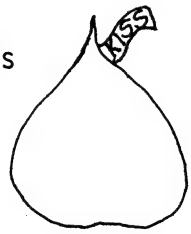
coconut or chopped nuts for rolling

Let prunes and apricots stand in boiling water for 5 minutes. Drain. Put all fruit through food chopper and blend with crushed cereal. Blend in honey and melted chocolate. Grease hands or spray with no-stick cooking spray and shape mixture into 1-inch balls. Roll in coconut or chopped nuts. Chill or set aside to "ripen." Can be made ahead of time.

Carol Oeltjenbruns

candy

8-Calorie Kisses



3 egg whites
1/2 t. cream of tartar
1 c. fine granulated sugar
2 T. cocoa

Beat egg whites in small bowl with electric mixer until foamy. Add cream of tartar. Beat until soft peaks form. Gradually beat in sugar. Fold in one tablespoon of cocoa at a time. Use a small spoon to drop spoonsful of meringue mixture on nonstick cookie sheets. Bake in slow oven (275°) for 20 min. Let cool slightly before removing. Store in dry place. Makes 9 dozen kisses at 8 calories apiece.

Suggestions for other flavors:
Instead of cocoa, try peppermint extract, crushed peppermint candies or candycanes, chocolate chips, M&Ms, almond extract, banana extract, or rum extract.

Mary Nordlie

Nut Goodie Bars

1 12-oz. pkg. chocolate chips
1 12-oz. pkg. butterscotch chips
2 c. peanut butter
1 c. butter or margarine
1/4 c. vanilla pudding, regular not instant
1/2 c. evaporated milk
1 t. maple flavoring
2 lbs. confectioner's sugar
1 lb. Spanish peanuts

Base
Melt chips and peanut butter in double boiler. Spread half the mixture in a cookie sheet pan, refrigerate until cold. Reserve remainder.

Filling
In saucepan, place butter or margarine, pudding, and evaporated milk. Boil one minute, remove from heat. Add maple flavoring.

In large bowl combine pudding mixture with confectioner's sugar, mix until smooth and spread over cold base layer. Refrigerate.

Topping
Add Spanish peanuts to reserved chip mixture. Spread on top of filling layer. Refrigerate or freeze.

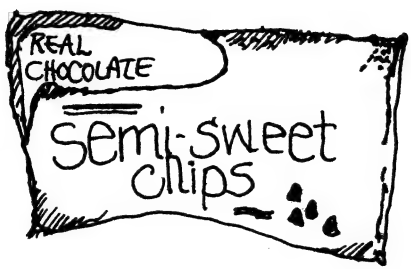
Dave Eggen

Indoor S'mores

2/3 c. light corn syrup
2 T. margarine or butter
12 oz. chocolate chips
1 t. vanilla
10 oz. Golden Grahams cereal
3 c. miniature marshmallows

Grease or spray with vegetable cooking spray a 9x13 pan. Heat corn syrup, margarine, and chocolate morsels to boiling in 3-quart saucepan, stirring constantly; remove from heat. Stir in vanilla. Pour over cereal in large mixing bowl; toss quickly until completely coated with chocolate. Fold in marshmallows, 1 cup at a time. Press mixture evenly in pan with piece of waxed paper. Let stand until firm, at least 1 hour. Cut into about 1 1/2-inch squares. Makes 48.

Carol Oeltjenbruns



Divinity

Put ingredients in pan in order given:
2/3 c. water
1/2 c. light Karo syrup
3 c. sugar

Cover and put on low flame until sugar dissolves. Insert candy thermometer and cook to 'hard ball' stage.

In a mixing bowl place:
2 egg whites
1/8 t. salt

Beat egg whites and salt for 3 min. Pour syrup slowly into egg whites continuing to beat. Beat until no longer glossy. Test candy for ability to hold shape. Add one teaspoon vanilla and make pieces. Nuts are optional.

Nancy Leegard

Peanut Butter Bon Bon

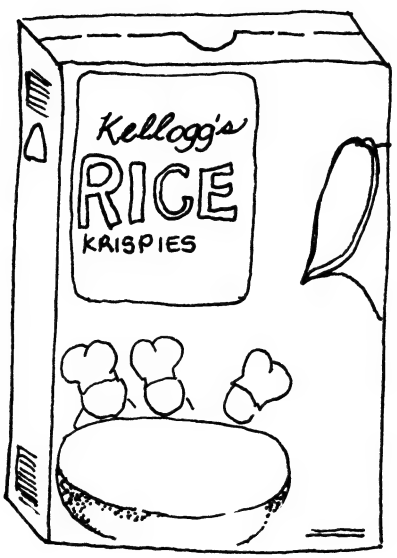
Melt in double boiler 2 c. peanut butter, chunky
1/2 c. margarine

Add and make into balls 2 1/2-3 c. powdered sugar
3 c. Rice Krispies

Melt in double boiler 12 oz. chocolate chips

Dip candy balls into chocolate.

Carol Oeltjenbruns



Peanut Balls

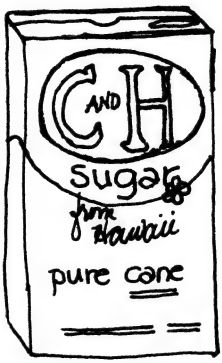
2 c. powdered sugar
1/2 c. soft oleo or butter
1 c. peanut butter
1 c. walnuts, chopped
2 c. Rice Krispies

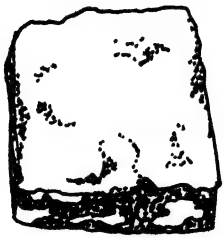
Mix together the above ingredients. Roll into small balls. Chill 8 hours in refrigerator on cookie sheet.

Melt together 6 oz. pkg. semi-sweet chocolate chips
6 oz. pkg. milk chocolate chips
1/2 square paraffin (canning wax)

Dip balls in chocolate; place on wax paper to cool. You can use candy papers if you have them.

Pat Anderson





Mounds Bars

Mix and press in 9x13 pan: 2/3 c. graham crackers
1 c. melted butter

Bake 5 min. at 350°. Mix together and spread on top:
1 pkg. coconut (2 2/3c)
1 can sweetened condensed milk (Eagle Brand)
1/2 t. vanilla
pinch salt

Bake another 15 min. and frost with the following ingredients melted together and spread on top:
1 pkg. (6 oz.) caramel or butterscotch chips
1 large pkg. (12 oz.) chocolate chips
1 T. shortening (not butter)

Shirley Cashin

Raw Apple Walnut Killer Cake

Note: This cake is warmly refered to as "Killer Cake" because of its contribution to such death-dealing diseases as gross obesity, heart disease brought on by its high cholesterol content, hypertension because of the greed evoked in acquiring a sufficient amount of this cake to satisfy the addiction it causes in dependent personalities. Nonetheless, the desire for this cake appears to be spreading at an epidemic rate. In view of this and not desiring to be the conscience of the growing numbers of Killer Cake addicts, I have consented to submit this recipe.

Cream 3 eggs, beaten
1 1/2 c. sugar
1/2 c. oil
2 t. vanilla

Add 1 1/2 c. unbleached white flour
1/2 c. whole wheat flour
2 t. soda
2 t. cinnamon
1/2 t. nutmeg
1/4 t. salt

Add 4 c. diced unpeeled apples (about 1/2 inch square), the older and mushier the apples the better
1 c. coarsely chopped walnuts

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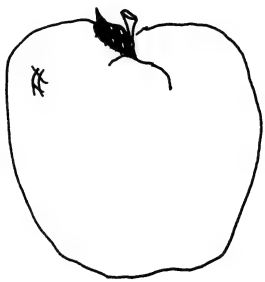
Add apples first, then nuts. The mixture will be very stiff. Spread in a greased and floured, 9x13 pan. Bake 50 min. at 325°. Cool. Ice (see below). Top with walnuts.

Icing

Blend together
2 8-oz. pkg. cream cheese
1 stick butter
1/2-1 c. powdered sugar (depending on your sweet tooth)
2 t. vanilla

Cece West



Hawaiian Cake

2 t. vanilla
2 c. sugar
1 1/4 c. oil
3 eggs
1 c. nuts
2 c. flour
2 c. grated carrots
2 t. baking soda
1 t. salt
8 oz. flaked coconut
13 1/2 oz. can crushed pineapple

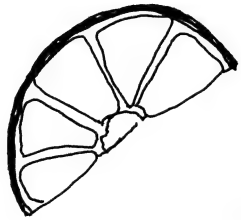
Beat together the vanilla, sugar, oil, and eggs. Add flour and mix. Add carrots, soda, salt, coconut, pineapple, and nuts. Bake in a 13x9 pan, 45-60 min. at 350°. Frost when cool.

Frosting

1 8-oz. pkg. cream cheese
1/2 c. butter or margarine
2 t. vanilla
2 c. powdered sugar

Blend together and spread over the cake.

Deanna Bigler



Williamsburg Orange Cake

Sift together 2 1/2 c. flour
1 1/2 c. sugar
1 1/2 t. soda
3/4 t. salt

Combine and add to flour mixture
1 1/2 c. buttermilk
1/2 c. soft butter
1/4 c. shortening
3 eggs
1 1/2 t. vanilla

Fold into batter 1 c. golden raisins, cut up
1/2 c. chopped nuts
1 T. orange peel, grated

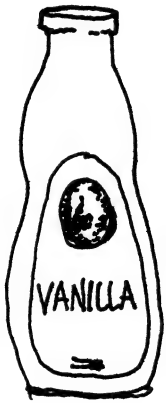
Grease and flour 2 9-inch or 3 8-inch pans. Bake 30-35 min. at 350°. Frost (see below) when cool.

Frosting

Blend 1/3 c. soft butter
3 c. powdered sugar
3-4 T. orange juice
2 t. grated orange peel

Sharon Parmater

Fudge Cake



(easy and worth all the side effects)

Put in sauce pan
- 1 stick butter
- 1/2 c. shortening
- 4 T. cocoa
- 1 c. water

Sift together and put in large mixing bowl
- 1 to 1 1/2 c. sugar
- 2 c. flour

Bring the butter mixture to a rapid boil and pour over flour and sugar mixture. Add
- 1/2 c. buttermilk
- 2 eggs, slightly beaten
- 1 t. soda
- 1 t. cinnamon
- 1 t. vanilla

Mix well and pour into a greased 9x13 pan. Bake 30 min. at 350°. Frost immediately.

Frosting: Start making icing about 5 min. before cake is done. Melt together and bring to a rapid boil
- 1 stick butter
- 4 T. cocoa
- 6 T. milk

Remove from heat and beat in
- 1 box powdered sugar
- 1 t. vanilla
- 1-2 c. pecans and/or coconut

Kellen Thornton

Poppyseed Cake

3/4 c. butter
2 c. cake flour
1 1/2 c. sugar
2 t. baking powder
3/4 c. milk
4 egg whites, beat stiff
3/4 c. poppyseeds

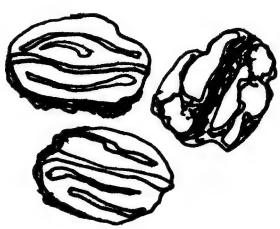
Pour milk over poppyseeds and let stand 2 hours. Cream butter and sugar, add sifted flour and baking powder alternately with poppyseed mixture. Fold in beaten egg whites. Divide into three 8-inch cake pans (greased and floured). Bake 25 to 30 min. at 375°.

Filling

1 1/2 c. milk
1/4 c. flour
3/4 c. sugar
4 egg yolks
1/2 cup chopped nuts
1 t. vanilla

Mix sugar and flour and add slightly beaten egg yolks and milk. Cook in double boiler until thick. Cool. Add nuts and vanilla and put between layers of cake. Frost with butter frosting. Sprinkle top with nut meats if desired.

Audrey Logsdon



Chocolate Pound Cake

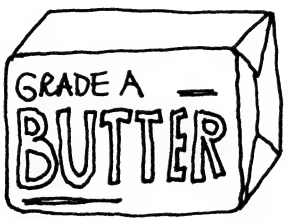
1 1/2 c. butter, softened
3 c. sugar
2 t. vanilla
5 eggs
1 c. buttermilk
2 c. flour
3/4 c. cocoa
1 t. salt
1/2 t. baking powder
1/4 c. hot water (optional)
2 t. coffee granules (optional)

In a large bowl, cream butter, sugar, and vanilla (about 5 min. with mixer at med. speed). Add eggs one at a time, beating well after each addition. If you use the coffee, dissolve in the hot water and add to buttermilk.

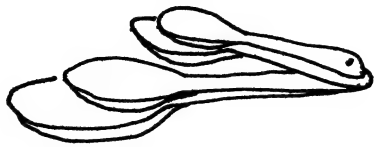
In another bowl, combine flour, cocoa, salt, baking powder and mix well. Add alternately the above dry mix and the buttermilk to the creamed mixture (add by thirds). Beat just enough to blend it together. Pour into greased and floured 12-cup bundt pan or a 10-inch tube pan. Bake 1 hour and 20 min. at 325°.

Cool 20 min. and remove from pan. Top with frosting or confectioner's sugar.

Kathy Janssen



Maggie's Marvelous Oatmeal Cake



1 c. oatmeal
1 1/2 c. boiling water
1/4 lb. butter

Mix and let stand covered for 20 minutes.

1 c. white sugar
1 c. brown sugar
2 eggs
1/2 t. salt
1 1/3 c. unsifted flour
1 t. baking soda
1 1/2 t. cinnamon
1/2 t. nutmeg

Mix dry ingredients thoroughly. Add oatmeal and eggs. Mix well. Bake in a 9x13 pan at 350° for 35-40 min. Frost when cool (recipe follows).

Caramel Frosting

Combine in saucepan
2 c. brown sugar
1/2 c. whipping cream
1/4 lb. butter
1/2 t. salt

Bring to a rolling boil, stirring constantly. Boil for 2 min., stirring. Pour into mixing bowl and cool 20-30 min. Beat on high speed until begins to lose its gloss. Add 1 t. vanilla. Continue beating until thick enough to spread. This may take awhile, so beat it, let it rest, and beat some more.

Margaret Bruns

Carrot Cake

Mix together: 2 c. flour, 2 t. cinnamon, 2 c. sugar, 1 t. salt, 2 t. soda

Add: 1 c. oil, 4 c. grated raw carrots (not finely grated), 3/4 c. nuts, 1 c. crushed pineapple, 4 eggs

Bake at 350° for 40-45 min. Frost when cool.

Frosting

8 oz. cream cheese
1 1-lb. box (almost) powdered sugar
2 t. vanilla
1/4 c. butter

Trisha Cox

Sour Cream Coffeecake

(an oldie but goodie)

1 c. butter
2 c. plus 4 t. sugar
2 eggs
1 c. sour cream
1/2 t. vanilla extract
2 c. flour
1 t. baking powder
1/4 t. salt
1 c. chopped pecans
1 t. cinnamon

Preheat oven to 350°. Cream butter and add 2 c. sugar, gradually, beating until very light and fluffy. Beat in the eggs one at a time, very

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well. Fold in cream and vanilla. Fold in flour sifted with baking powder and salt. Combine remaining sugar, pecans, and cinnamon.

Place about 1/3 of batter in a well-greased and floured 9-inch tube pan. Sprinkle with 3/4 of pecan mixture. Spoon in remaining batter and sprinkle with remaining pecans. Bake about 60 min. or until done. Cool on rack. Can be baked in a 9x13 pan as well.

Marilyn Reichman

Top-Me-Twice Cake

1 c. sugar
2 eggs
1 t. baking soda
1 t. vanilla
2 c. flour
1 t. salt
1 can (13 1/2 oz.) crushed pineapple (undrained)
1/2 c. firmly packed brown sugar
1/2 c. flaked coconut
1/2 c. chopped pecans

Combine sugar, vanilla, and eggs. Beat 2 min. at medium speed. Add flour, soda, salt, and pineapple. Mix 1 min. at low speed. Pour into greased 9x12 pan. Sprinkle with mixture of brown sugar, coconut, and pecans. Bake in 350° oven, 45-50 min. Before cake is done, prepare sauce to pour over warm cake.

Sauce: Melt 1/2 c. butter. Stir in 1/2 c. light cream, 1/2 c. sugar, and 1/2 t. vanilla.

Sharon Nibbe

Cheesecake

(The creme de la creme of this noble dessert.)

1/2 c. (approximately) graham cracker crumbs
2 lbs. cream cheese at room temperature
4 eggs
1 3/4 c. sugar
juice of one lemon
grated rind of one lemon
1 t. vanilla
strawberries for garnish (optional)
apricot sauce (follows)

Preheat oven to 325°. Butter the inside of an 8-inch souffle dish, 3 inches deep. Do not use a spring-form pan. Sprinkle with graham cracker crumbs and shake the crumbs around the bottom and sides until coated. Shake out excess crumbs. Set aside.

Place the cream cheese, eggs, sugar, lemon juice, lemon rind, and vanilla into the bowl of an electric mixer. Start beating at low speed and as the ingredients blend, increase the speed to high. Continue beating until thoroughly blended and smooth. Pour and scrape the batter into the prepared pan and shake gently to level the mixture.

Set the pan inside a slightly wider pan (a 9-inch cake pan is good) and pour boiling water into the larger pan to a depth of about 1/2 inch. Do not let the edge of the cheesecake pan touch the rim of the other, larger pan. Set this inside the oven and bake 1 1/2 to 2 hours. At the end of that

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time, turn off the oven heat and let the cake sit in the oven 20 min. longer.

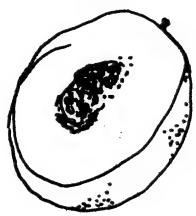
Lift the cake out of the water bath and place it on a rack. Let the cake stand until it reaches room temperature. Invert a plate over the cake and carefully turn both upside down to unmold the cake. Invert a cake plate over the bottom of the cake and carefully turn this upside down so that the cake comes out right side up. Garnish with berries and spoon the sauce over all.

Apricot Sauce

1 10-oz. jar apricot jam
1/4 c. sugar
1/4 c. water
2 T. rum, Cognac, or kirsch (optional, of course, but very good)

Combine the jam, sugar, and water in a small saucepan and stir over low heat until blended and smooth. Using a small sieve and a small spoon or whisk, strain the sauce while working with the spoon or whisk. Let cool and stir in the rum. Makes 1 1/2 c.

Marilyn Reichman



Fantastic Chocolate Cheesecake

Mix together 1 1/2 c. graham cracker crumbs,
crushed fine
1/2 c. butter
3 T. sugar

Work the above until well blended. Press mixture evenly onto the bottom of a 10-inch springform cake pan.

Filling 1 1/2 lbs. soft cream cheese
2 c. sugar
3 eggs
1/2 lb. semisweet chocolate
3 T. heavy cream
2 c. sour cream
1/2 c. dark rum
3/4 t. cinnamon
3/4 t. almond extract
1 c. confectioner's sugar

Beat cream cheese with mixer or food processor until

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fluffy; gradually beat in 2 c. sugar and eggs. Beat until perfectly smooth.

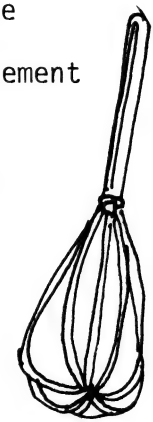
Melt chocolate with heavy cream in small saucepan and beat the mixture and 1 c. sour cream into the cheese. Add rum, cinnamon, and almond extract. Beat a few minutes more. Pour into prepared pan and bake 55-60 min. at 350°. Cool and remove sides of pan.

Beat the remaining 1 c. sour cream and 1 c. confectioner's sugar. Spread over cheesecake. Garnish with strawberry halves or chocolate curls or shavings. Serves 12-14.

Margaret Bruns

Chocolate Swirl Cheesecake

(guaranteed to supply your daily requirement of protein)



1 6-oz. pkg semi-sweet chocolate chips
1/2 c. sugar
1 1/4 c. graham cracker crumbs
2 T. sugar
1/4 c. butter, melted
2 8-oz. pkgs. cream cheese, softened
3/4 c. sugar
1/2 c. sour cream
1 t. vanilla extract
4 eggs

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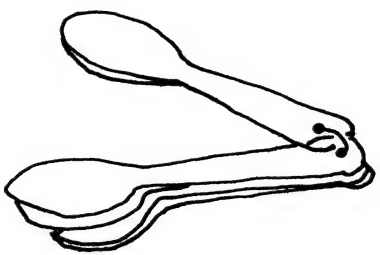
Preheat oven to 325°. Combine over hot (not boiling) water chocolate chips and 1/2 c. sugar; heat until morsels melt and mixture is smooth. Remove from heat; set aside. In small bowl, combine graham cracker crumbs, 2 T. sugar, and melted butter; mix well. Pat firmly into 9-inch springform pan, covering bottom and one inch up sides; set aside.

In large bowl, beat cream cheese until light and creamy. Gradually beat in 3/4 c. sugar. Mix in sour cream and vanilla extract. Add eggs, one at a time, beating well after each addition. Divide batter in half. Stir melted chocolate mixture into first half. Pour into crumb-lined pan; cover with plain batter. With a knife, swirl plain batter with chocolate batter to marbleize.

Bake 50 min. or until a 2-3-inch circle in the center will shake. Cool at room temperature; refrigerate until ready to serve.

Marilyn Reichman



New York Chocolate Cheese Cake

3 8-oz. packages cream cheese at room temperature
1 t. vanilla
1/8 t. salt
1 c. sugar
12 oz. semi-sweet chocolate pieces, melted and cooled
3 eggs
1 c. sour cream
chocolate crumb crust (recipe follows)
whipped cream (optional)

In a large bowl, beat cream cheese until very smooth. Add vanilla, salt, and sugar. Beat until very smooth. Add chocolate; beat until well blended. Add eggs one at a time, beating well after each. Add sour cream, beat until smooth. Spoon into crumb crust, smooth top. Bake in lower third of oven preheated to 375°; bake 1 hour. Cool completely on rack. Leave in pan, cover top with foil, refrigerate overnight. With sharp, heavy knife, cut around sides of crust, release and remove sides of pan. Serve cold with whipped cream. Serves 16.

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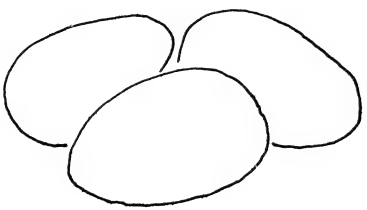
Chocolate Crumb Crust

1 8-1/2 oz. pkg. chocolate wafers, crumbled
6 T. melted butter

Make 2 c. fine crumbs and stir in butter. Grease sides of 9X3 springform pan. Tilting pan, press 2/3 of crumb mixture up the sides of the pan (2 1/2 inches). Press remaining mixture on bottom, set aside.

Lorraine Lutgen



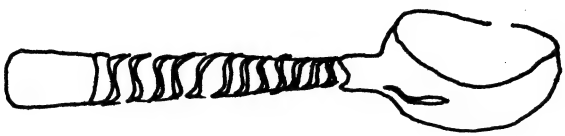
misc. desserts

Mincemeat and Ice Cream

4 c. mincemeat
2 qt. vanilla ice cream

Combine and fill 2 baked pie shells. Freeze.

Helen Colton



Banana Split Dessert

Line an 11x15 pan with a graham cracker crust.

Slice 3 large bananas on the crust.

Slice 1 1/2 gallons of Neopolitan ice cream on it.

Sprinkle with chopped nuts or peanuts.

Spread on 1 can Hershey's chocolate fudge topping.

Sprinkle with more chopped nuts or peanuts if desired.

Freeze until ready to use.

Mary Scott

Cream Cheese Pie

3 c. Rice Krispies
1/2 c. butter
1/4 c. sugar
1/2 t. cinnamon
1 c. sour cream
2 T. sugar
12 oz. cream cheese
2 eggs
1 t. vanilla
1/3 c. sugar
2 t. lemon juice
1 can pie filling or fresh berries

Crush Rice Krispies to 1 1/2 c. Melt the butter and stir in 1/4 c. sugar and the cinnamon. Mix and add the Rice Krispies. Press into a 9-inch pie pan.

Mix the sour cream and 2 T. sugar. Set aside.

Beat cream cheese until smooth. Add eggs, vanilla, 1/2 c. sugar, and 1 t. lemon juice. Beat until well mixed.

Pour the mixture into the crust and bake at 375° for 20 min. or until toothpick comes out clean. Do not overbake. Remove from oven and spread sour cream mixture on top. Bake another 5 min.

Cool. If using pie filling, mix the other teaspoon lemon juice with it before spreading it on top. Keep refrigerated.

Gloria Otis

Strawberry Pie

2 T. cornstarch
1 c. sugar
1 c. water

Bring the above to a boil. Add 2 T. strawberry Jello. Pour over 1 quart fresh, cleaned strawberries in a bake pie crust. Refrigerate.

Stephanie Maxon

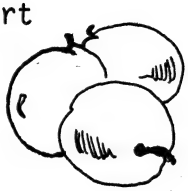
Nabisco Dessert

3/4 lb. Nabisco vanilla wafers
1/3 c. walnuts, chopped
1 c. powdered sugar
1/2 c. soft butter (you can get away with 1/4 c.)
1 c. cream, whipped
2 egg yolks
2 egg whites
1 pint strawberries, sweetened to taste (or any fruit)

Crush Nabiscos and place half in an 8-inch pan. Cream sugar and butter and add 1 egg yolk at a time beating well each time. Fold in stiffly beaten egg whites and spread on Nabiscos. Sprinkle with nuts. Cover with whipped cream. Top with rest of Nabiscos. Chill for 24 hours.
You may also use a 9x9 pan and twice the recipe fits a 9x13.

Mary Vavrosky

Personnel's Cherry Nut Dessert



2 cans cherry pie filling
1 yellow cake mix
1 c. melted butter or margarine
slivered almonds or any kind of nuts

Grease a 9x13 pan. Pour in the cherries, sprinkle the dry mix on top, pour the melted butter on that, toss the nuts over the butter. Bake 1 hour at 350°.

Peach Butterscotch Pie

8-12 canned peach halves
1/4 c. corn syrup
3 T. flour
3/4 c. brown sugar
6 T. melted butter
2 t. lemon juice
pinch salt
pastry for pie

Combine butter and flour. Add syrup, sugar, lemon juice, and salt. Cook, stirring constantly until thick. Place peaches, hollow side up, in pastry-lined pie pan. Cover with the sauce. Criss-cross with strips of pastry. Bake at 450° for 15 min., then reduce to 400° for 15 min. more.

Sharon Nibbe

Butter Brickle Salad

Mix and press in bottom of 9x13 pan:

1 1/2 c. graham cracker crumbs
1/4 c. melted butter
1/4 c. brown sugar

Mix together until smooth:

2 boxes instant vanilla pudding
2 c. milk
1 quart butter brickle ice cream, softened

Pour the pudding mixture over the crust. Spread Cool Whip over top.

Freeze 4 or 5 Heath Bars and break one at a time in the blender. Sprinkle over salad.

Keep refrigerated.

Margaret Bruns

Cream Cheese Pie

I.
3 c. Rice Krispies, crushed to 1 1/2 c.
1/2 c. butter
1/4 c. sugar
1/2 t. cinnamon

Melt the butter and stir in sugar and cinnamon. Add Rice Krispies and press mixture into a 9-inch pie pan.

II.
Mix together and set aside 1 c. sour cream
2 T. sugar

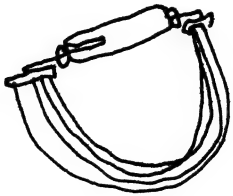
III.
12 oz. cream cheese
2 eggs
1 t. vanilla
1/3 c. sugar
2 t. lemon juice
1 can pie filling or fresh berries

Beat cream cheese until smooth. Add eggs, vanilla, sugar, and 1 t. lemon juice. Beat until well mixed.

IV.
Pour the mixture into the crust. Bake 20 min. or toothpick comes out clean at 375°. Do not overbake. Remove pie from oven and spread sour cream mixture on top. Bake another 5 min.

Cool. If using pie filling, mix 1 t. lemon juice with it before spreading it on top. Keep refrigerated.

Gloria Otis



Wholewheat Orange-Honey Crunch

1/2 c. wholewheat pastry flour
1/4 c. wheat germ
1/4 c. butter, softened
1/2 c. orange juice
3/4 t. baking soda
3/4 t. baking powder
1/2 c. honey
1 t. vanilla
1 T. grated orange rind
1 c. cranberries
1 egg

With pastry blender, mix wholewheat flour, wheat germ, and butter until crumbly. Mix orange juice, egg, baking soda, and baking powder. Add this to flour mixture. Add honey, vanilla, grated orange, and nuts. Mix well.

Put cranberries in bottom of greased 8- or 9-inch pie pan. Pour mixture over cranberries and bake in preheated 350° oven for 25-30 min. or until it tests done. Cool for 10 min., and turn onto plate. Drizzle with additional honey if desired.

Liz Backdahl

Creme Brulee

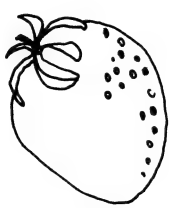
3 c. heavy or whipping cream
6 egg yolks
1/3 c. sugar
1 t. vanilla
1/3 c. brown sugar, packed
sliced strawberries, bananas, pineapple chunks, mandarin oranges, or any sliced fruit

Early in the day or the day before serving:

Over medium heat, heat cream until tiny bubbles form around edge of pan. Meanwhile, with wire whisk, beat egg yolks with sugar until blended. Slowly stir in cream. Cook over medium-low heat, stirring constantly until mixuter just coats back of spoon (about 10 min.- don't boil). Stir in vanilla.

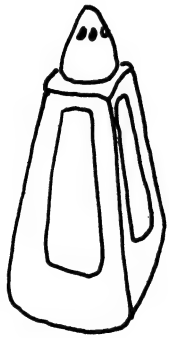
Refrigerate until mixture is well chilled (about 6 hours). Sift brown sugar over top of chilled cream mixture. Broil 3-4 min. until sugar melts making a shiny crust. Chill. Serve over fruit. Serves 10.

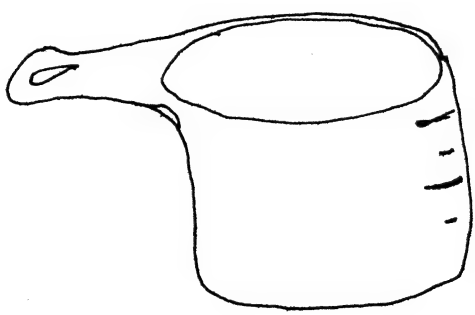
Ginny Schwartz



Abbreviations

c.	cup
lb.	pound
med.	medium
min.	minute(s)
oz.	ounce(s)
pkg.	package(s)
qt.	quart
sm.	small
t.	teaspoon
T.	tablespoon





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1/3 c. wh sauce
1/3 c mush o.
4 oz water ch
mush.
4 oz. crab

1/2 hr. 350
15 min no foil